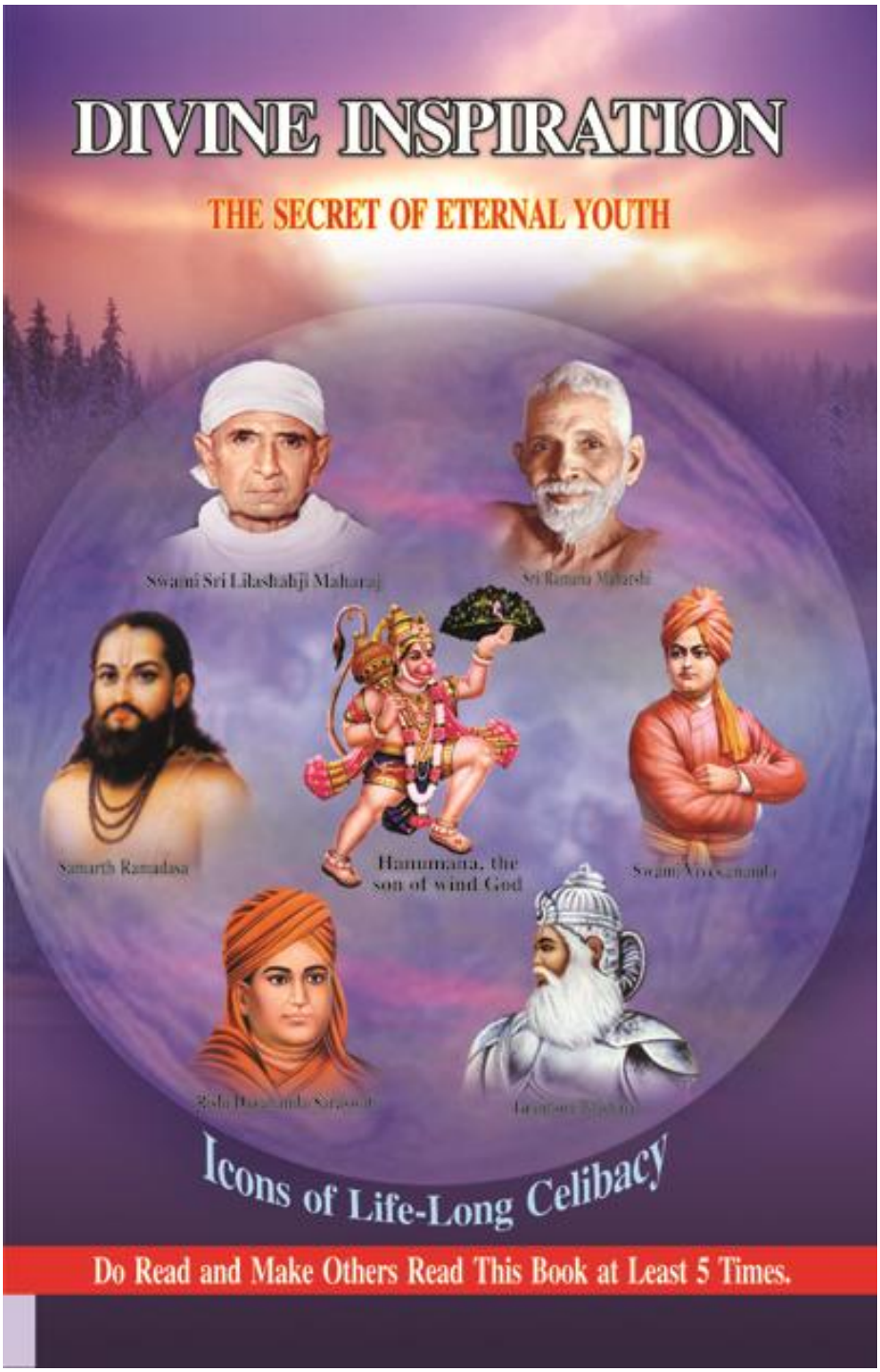
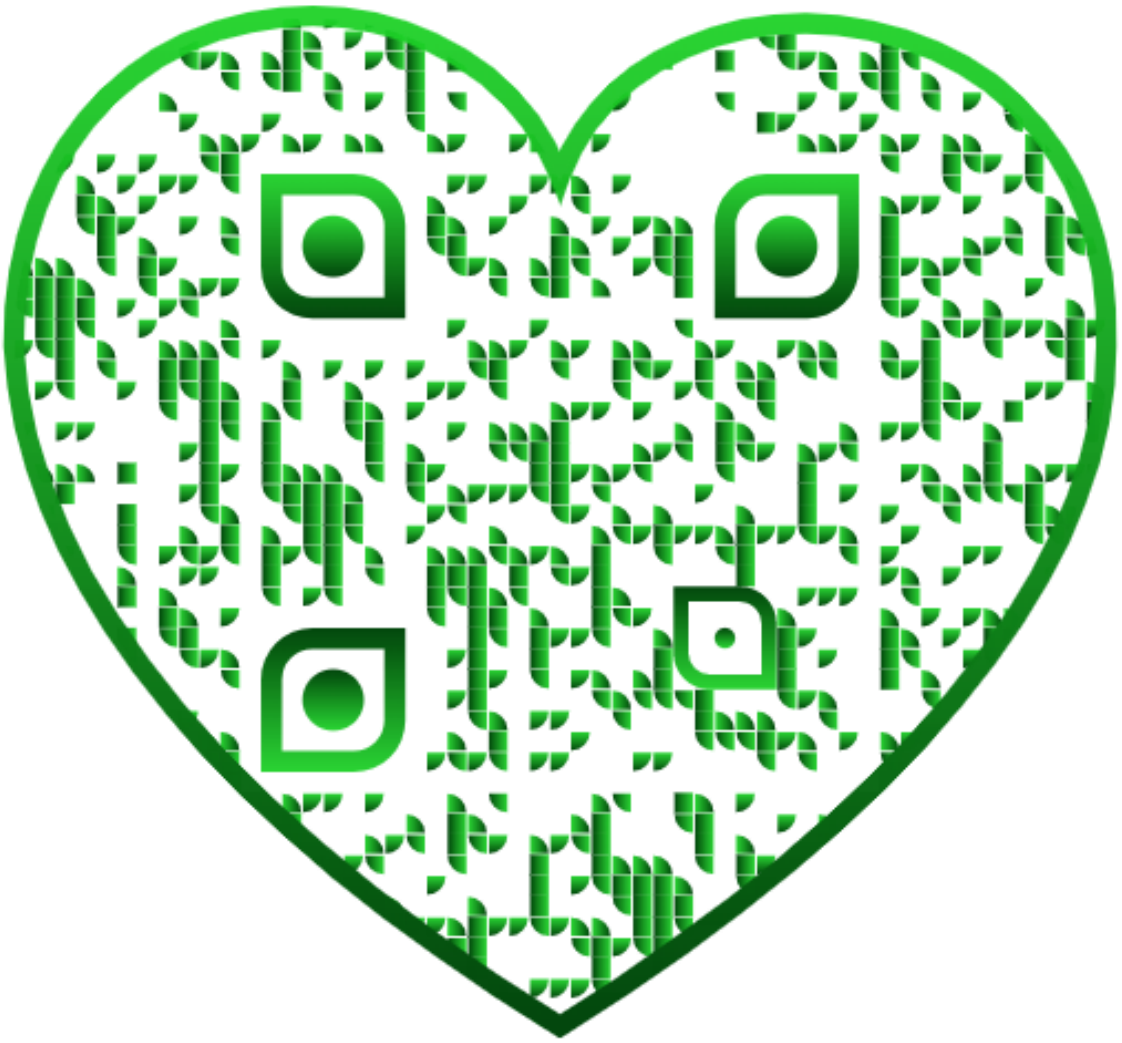
DIVINE INSPIRATION

THE SECRET OF ETERNAL YOUTH



Icons of Life-Long Celibacy

Do Read and Make Others Read This Book at Least 5 Times.



From the Satsang of His Holiness Sant Sri Asaramji Bapu and Quotes of those benefited by the grace of His Holiness Sant Sri Asaramji Bapu.

Divine Inspiration:
The Secret of Eternal Youth

"Many good persons have been degraded by following the Freudian psychology, whereas many ordinary people have become great by following the Yoga psychology of Patanjali. 'The Secret of Eternal Youth' is a book based on the psychology of Rishi Patanjali. It must be read without fail. As you read this book, you will gradually get divine inspiration and light. You must not only read this book five times yourself but should also carry out the divine service of distributing it to others. This book provides moral understanding to the youths and helps them to get rid of their evil sex habits bringing about a divine transformation in their lives. So you too carry out the noble service of distributing this book to 2-5 people without fail. It will be considered a service to the nation and mankind as a whole, nay, to God Himself."

What is the Highest Penance? What has been eulogized by the sages?
What is the source of zeal, prosperity and supernatural powers?
What is the prime source of strength & bliss?… Brahmacharya.

FOREWORD

We have great pleasure in placing into the hands of the English language readers this inspiring book, 'Divine Inspiration' - a revised edition of 'The Secret of Eternal Youth' which has been greatly appreciated and widely read by millions of people in its Hindi, Gujarati, Marathi, Tamil, Telugu, Bengali, Oriya and Kannada editions. Up until now, millions of people have seen their degenerated lives touching lofty spiritual heights after coming into contact with Pujyashree, and by following the time-tested yogic techniques and other experiments for protecting one's vigour and virility, as propagated by Him. The dejected youth of today who suffer from dreaded diseases such as loss of semen and wet dreams, have found a great support in the invigorating and experiential words of Pujyashree, and in His divine guidance.

Today's luxurious life which is making its way through a dangerous environment of lust and vulgarity steals away the vigour and the lustre of the society. And it is here that the vivifying guidance of a great personage like Pujyashree becomes all the more imperative for the protection of youth's vigour in the society today. Pujyashree has time and again referred to this pressing problem, and has given infallible remedies for the same in His various *satsang* discourses. We have made a humble effort to compile these references and remedies to produce this handy book for the benefit of the readers. This book has been designed to fulfil the requirements of every segment and section of society. Be the person a man or a woman, a householder or an ascetic, a student or even an old man, everyone would find this booklet extremely helpful in one's life. This book abounds in ideas and suggestions regarding how to mould one's life-style in order to have a propitious touch of divinity and everlasting youthful vigour. And the most remarkable fact about this book is that it contains the dynamic experiential words of Pujyashree, Who is Himself an accomplished yogi and very well acquainted with the different experiments of yoga. And the very fact simply multiplies the influence that this book has on its readers.

"Divine Inspiration" amply illuminates the path of protecting one's youthful vigour, and opens the doorway to a divine life. Do utilize this book to your full benefit, and don't forget to earn merits by distributing it among others for them to benefit from it as well.

-Shri Yoga Vedanta Seva Samiti, Ahmedabad Ashram.

Be Thou Virile O Man!

Practise *brahmacharya*, shun all lust and desire; be a devotee of the Lord, for your life if you care.
Wake up in the morning and keep cheerful ever, give up grief and worries that only breed misery.
As per your strength do exercises every morning O brother! For, there is nobody's monopoly in this sector.
Live a hundred years while carrying out auspicious acts, dear! It is verily your bounden duty to keep healthy ever.
By sheer virtue of *brahmacharya* did Hanumanaji cross the ocean,
The same power enabled Lakshmana defeat Meghanada even.
When Angada, the *brahmachari*, rooted his foot on the ground; even the strongest in Lanka failed to move it by an inch.
Ramamurti and Gama too had observed *brahmacharya*, which earned them name and fame both in India and abroad.
O brave Indians! Be thou virile through *brahmacharya*, which has been extolled even in the holy Vedas!

A Mantra Useful in Keeping up Brahmacharya

ॐ नमो भगवते महाबले पराक्रमाय मनोभिलाषितं मनः स्तंभ कुरु कुरु स्वाहा ।

'ॐ namo bhagavate mahÍbale parÍkramÍya
manobhilÍÙitaÒ manaÏ staÒbha kuru kuru svÍhÍ.'

Take a cup of milk and look at it while mentally repeating this mantra twenty-one times. Thereafter drink the milk. This is an excellent aid to maintain *brahmacharya*. This technique is worth assimilating in one's routine life.

Mahamrityunjaya Mantra

ॐ हौं जूँ सः । ॐ भूर्भुवः स्वः । ॐ त्र्यम्बकं यजामहे सुगंधिं पुष्टिवर्धनम् । उर्वारुकमिव बन्धनान्मृत्योर्मुक्षीय मामृतात् । स्वः भुवः भूः ॐ । सः जूँ हौं ॐ ।

'ॐ hauÒ jÜÒ saÏ | ॐ bhÜrbhuvaÏ svaÏ | ॐ tryambakaÒ yajÍmahe sugandhiÒ puÙÛivardhanam | urvÍrukamiva bandhanÍnmØtyormukÚÐya mÍmØtÍt | svaÏ bhuvaÏ bhÜÏ ॐ | saÏ jÜÒ hauÒ ॐ |'

'We worship the three-eyed One (Lord Shiva) Who is fragrant and Who nourishes well all beings; may He liberate us from death for the sake of immortality even as the cucumber is severed from its bondage (to the creeper).' *Japa* of this Mahamrityunjaya Mantra of Lord Shiva does not only save one from untimely death, but also endows him with good health. *Japa* of this mantra while pouring water on the body from an ewer at bath is a bestower of good health. Consumption of the milk consecrated by this mantra helps in observing celibacy. In today's busy and hectic life, it is difficult to predict the occurence of any accident, strife or riot. One who chants this mantra once before setting out from home is protected from such untoward incidents and returns home safe. (For the detailed information about the proper procedure of performing an *anushthÍna* of this mantra please refer to the '***Aarogyanidhi***', a book published by the ashram).

A Mantra for Obviating the Baneful Influence of Planet Mars

अं रां अं । *'aÒ rÍÒ aÒ' - Japa* of this mantra for 108 times removes anger. If somebody has problems in finding a match due to *mangali yog* (baneful influence of planet Mars), he or she should fast and chant this mantra 108 times for 27 Tuesdays in succession and smear vermilion on Hanumanaji all over. This will obviate the baneful influences of *mangali yog*.

His Holiness Sant Sri Asaramji Bapu's Message for

Students, Parents, Guardians and the Nation's Helmsmen

The future of our country depends upon the young generation. However, in the absence of proper guidance, today's youth are straying away from the right path. They are reeling under the ill effects of western hedonistic culture and consequently losing their youthful vigour. Obscene TV channels, cinema, pornographic literature and other media, are being used to misguide the youth. Psychiatrists and sexologists, largely influenced by so-called western psychology, are depraving the young students and ruining their character, self-restraint, and morals through their grossly ill-conceived articles published frequently in newspapers and periodicals.

The present education system - a legacy of the British colonial regime - is completely indifferent towards moral values. Consequently, today's students start leading an unrestrained and indulgent life, even as bachelors. There is also a growing tendency among today's youth to blindly imitate western conduct and manners. Thus they indulge in fashion, impure eating, immoral behaviour, bad company, vulgarity, cinema, etc., thereby suffering a gradual degeneration. They are becoming weak and lustful. Their sorry state indicates their complete ignorance about the glory of *brahmacharya*.

The number of students, male and female, who out of ignorance waste their prime source of physical and mental energy (and end up wasting their precious lives in ignominy and debility), is not in lakhs, but in crores.

They cannot disclose their miserable condition out of shame and suffer silently. They become weak and live in a pitiable condition. Their lives are completely ruined, while they are also deprived of proper physical and mental growth. Such young people are plagued by anaemia, forgetfulness and general weakness. This is the reason why the number of clinics and hospitals, and the use of thousands of different allopathic medicines and injections are on the increase in our country today. Innumerable doctors have set up their own business, and yet the number of diseases and patients is constantly on the rise.

What is the main reason for this phenomenon? It is due to evil habits and wastage of semen through immoral, unnatural, and unrestrained sex. Loss of semen leads to loss of immunity and depletion of the vital energy. If this country is to regain the glory of being Guru of the entire world, if She is to be the polestar of global civilization and culture, if She is to reach the summit of the world once again, then her worthy sons must appreciate the importance of *brahmacharya*, and practise it meticulously, exercising constant vigil and self-restraint. For, it is by virtue of *brahmacharya* alone that our young generation can bring about a balanced and superior development of their personality. Observance of *brahmacharya* sharpens the intellect, promotes immunity against diseases and makes one enthusiastic and confident enough to set up great objectives and achieve them. One develops a firm determination, and one's will power is strengthened too.

It is *brahmacharya* alone which is the very root of spiritual progress as well. Our country may make great progress and attain a great deal of prosperity in the industrial, technical, and economic fields, but if we are not able to protect and preserve the true wealth of our youth (their youthful vigour), then all material developments will ultimately lead only to destruction, for no social system can run smoothly without self-restraint and purity of conduct. The all round development of India depends entirely on self-restraint and purity of character of Her youth.

Therefore, it is our bounden duty to educate the youth about the measures needed to maintain sexual health and live a disease-free long life; and also about the methods needed to check the evil of lust. This duty, if ignored, will bring misery to our society and the entire nation. Observance of *brahmacharya* alone can ensure a strong and vibrant India.

The Secret of Eternal Youth

शरीरमाद्यं खलु धर्मसाधनम् । "The human body is the means to righteous living." All spiritual practices can be performed through the body alone. If the body is weak, it directly affects the mind making it weak as well.

To achieve success in any enterprise it is essential that both the body and the mind are healthy. Those who have wasted their neural energy by falling prey to sensual indulgence, thus draining their vitality and lustre, can no longer muster enough courage or strength for *sÍdhanÍ*. On the other hand, those who exercise self-restraint (even if physically weak), have their minds invigorated through *sevÍ* and *sÍdhanÍ*.

In spite of being physically capable, the youth of today are distracted from the path of *sÍdhanÍ* by objects of sense pleasure. They fall prey to carnal desires, fascinated as they are by the dazzle of materialism, thus wasting their vitality and lustre. The result is a total failure, despair, frustration and depression. Not knowing the great importance of sexual energy, and having fallen prey to evil habits, they recklessly indulge in sensuality - a mistake that later becomes a life-long repentance for them. Such young people cannot lay bare their hearts before anyone. They have lost their vital energies through uncontrolled sexual indulgence, and as a result, their minds become sluggish and their bodies languid and sickly. Their life becomes a living hell. Self-realization will always remain a distant dream for them, and they are left to drag out their remaining life quite aimlessly.

This is why great personages and saints have always stressed upon the paramount importance of *brahmacharya* in life. A person lacking in self-restraint and self-discipline can never make any real progress in life, nor will he be of any great use to the society. A society or nation comprising of such people is unable to attain peace and happiness, or make any significant spiritual progress.

What is Brahmacharya?

कर्मणा मनसा वाचा सर्वावस्थासु सर्वदा । सर्वत्र मैथुनत्यागो ब्रह्मचर्यं प्रचक्षते ॥

"Abstaining from copulation physically orally and mentally, in all actions, at all times, and in all places is alone *brahmacharya*." **(The Yajnavalkya samhita)**

The great sage Vyasa has said: **ब्रह्मचर्यं गुप्तेन्द्रियस्योपस्थस्य संयमः ।**

"To renounce the pleasures of the sense organs through self-restraint is defined as *brahmacharya*."

Lord Shiva says: **सिद्धे बिन्दौ महादेवि किं न सिद्ध्यति भूतले ।** 'O Parvati! What is there in this world that cannot be attained by one who has achieved total preservation of his sexual fluid?'

The *sÍdhakas*, who sublimate their sexual energy through *sÍdhanÍ* and thereby progress on the yogic path, achieve mastery over various supernatural powers. All powers reside at the feet of an *urdhvaretÍ yogi*. In fact, *siddhis* become his facile servants. Such a person can attain Self-realization within a short time. Even the Gods

have attained God-hood through *brahmacharya*. *Brahmacharya* is a great virtue. It provides man with constant support to face and overcome all sorts of difficulties in life.

ब्रह्मचर्येण तपसा देवा मृत्युमपाघ्नत । इन्द्रो ह ब्रह्मचर्येण देवेभ्यः स्व१राभरत् ॥

'The gods have conquered death through the penance of *brahmacharya*. Indra, the king of the gods, has attained a still higher status and greater pleasures compared to other gods only by the virtue of *brahmacharya*.'

(The Atharva Veda: Kanda 11 Sukta 7 Mantra 19)

Brahmacharya: The Supreme Penance

Ascetics engage themselves in a variety of penances. But regarding *brahmacharya*, Lord Shiva says: न तपस्तप इत्याहुर्ब्रह्मचर्यं तपोत्तमम् । ऊर्ध्वरिता भवेद्यस्तु स देवो न तु मानुषः ॥ *'Brahmacharya* alone is the supreme penance. There is no penance greater than *brahmacharya* in all the three worlds. An *urdhvaretÍ* saint is a veritable God in flesh and blood.'

Brahmacharya is also hailed in Jain scriptures,

तवेसु वा उत्तमं बंभचेरम् । '*Brahmacharya* is the supreme penance.' **(The Jain Sutrakritanga: 6.23)**

Preservation of Semen Promotes Longevity

Semen is like the emperor of this bodily kingdom. If this king is strong and powerful, enemies in the form of diseases can never attack this kingdom. Diseases afflict the body only if the semen, the king, is weak. This is why it is written in the scriptures : मरणं बिन्दुपातेन जीवनं बिन्दुधारणात् । "Death is hastened by expending semen and life is prolonged by its preservation." Jain scriptures term the lack of *brahmacharya* as a grave sin. अबंभचरियं घोरं पमायं दुरहिट्ठियम् । `Non observance of *brahmacharya* is a grave sin.' **(The Dasha Vaikalika Sutra : 6.17)**

The Atharva Veda declares that *brahmacharya* is the greatest among religious observances: व्रतेषु वै वै ब्रह्मचर्यम् ।

In 'Ayurveda', *brahmacharya* is considered to be the source of supreme power: ब्रह्मचर्यं परं बलम् । '*Brahmacharya* is the Supreme strength.'

The glory of *brahmacharya* has been sung by all men of virtue and wisdom. The great yogi Gorakhnath declares: कंत गया कूँ कामिनी झूरै । बिन्दु गया कूँ जोगी ॥ 'A yogi grieves for his lost semen in the same way as a lustful wife pines for her husband.'

Lord Shiva has even gone to the extent of saying that it is only due to the power of *brahmacharya* that He has attained such an elevated state of glory:

यस्य प्रसादान्महिमा ममाप्येतादृशो भवेत् ।

Modern Medical Opinions

Even eminent European medical experts have endorsed the statements of the *yogis* of India. Dr. Nicole says, "It is a medical and physiological fact that the best blood in the body goes to form the elements of reproduction in both the sexes. In a pure and orderly life, this matter is reabsorbed. It goes back into circulation ready to form the finest brain, nerve and muscular tissues. This vital fluid of man carried back and diffused through his system, makes him strong, manly, brave and heroic. If wasted, it leaves him effeminate, weak, and physically debilitated and prone to sexual irritation and disordered function, a wretched nervous system, epilepsy, and various other diseases and death. The suspension of the use of the generative organs is attended with a notable increase of bodily and mental and spiritual vigour."

As a result of the most patient and persevering scientific investigations it has been found that whenever the seminal secretions are conserved and reabsorbed into the system, they go towards enriching the blood and strengthening the brain.

Dr. Dio Lewis also believes that the conservation of semen is essential in strengthening the body, and increasing vigour of mind and keeness of intellect. Another writer, Dr. E.P. Miller, declares: "Waste of spermatic secretions, whether voluntary or involuntary, is a direct waste of the life-force. It is almost universally conceded that the choicest elements of the blood enter into the composition of the spermatic secretion. If these conclusions are correct, then it follows that a chaste life is essential to man's well-being."

Eminent doctors of the west say that various kinds of diseases arise from the loss of semen, particularly in young age. Boils on the body, acne or eruptions on the face, blue lines around the eyes, absence of beard, sunken eyes, pale face with anaemia, loss of memory, loss of eye-sight, shortsightedness, discharge of semen along with urine, enlargement of the testes, pain in the testes, debility, drowsiness, laziness, gloominess, palpitation of the heart, dyspnoea, or difficulty in breathing, phthisis, pain in the back, loins, head and joints, weak kidneys, passing urine in sleep, fickle-mindedness, lack of thinking power, bad dreams and wet dreams and restlessness of mind are some of the symptoms connected with the excessive loss of the vital fluids.

Brahmacharya is the sole remedy to prevent and cure the above disorders. The following preparation will help observe *brahmacharya*: Mix 80 gm of *ÍmlÍ* powder with 20 gm of turmeric powder. Take 3 gm of the mixture in the morning and evening. Miraculous relief in all the above diseases will be seen in just 8 to 10 days. It will also help preserve semen.

How is Semen Formed?

Virya or semen is a very precious constituent of the body. The formation of semen from food is a very lengthy process. Sri Sushrutacharya has written:

रसाद्रक्तं ततो मांसं मांसान्मेदः प्रजायते । मेदस्यास्थिः ततो मज्जा मज्जायाः शुक्र संभवः ॥

"Out of food is formed chyle. Out of chyle comes blood. Out of blood comes flesh. Out of flesh comes fat. Out of fat comes bone. Out of bone comes marrow, and out of marrow comes semen." Every step in the transformation of chyle into semen takes about five days. Thus semen is the final *dhÍtu* that is formed from food. In women, this final *dhÍtu* is called ovum. Thus it is clear from Sushruthacharya's statement as to how semen is formed through a seven stage process; which is said to take approximately 30 days and 4 hours. Scientists state that the consumption of 32 kg of food produces 800 gm of blood, which in turn forms only 20 gm of semen.

The Secret of a Magnetic Personality

Conservation of semen results in the emergence of a charismatic power in the body, which is named *ojas* by the ancient Ayurvedic physician Dhanvantari. The same *ojas* goes a long way to help one attain the most coveted goal of Self-realization. Whenever you see someone who has made extraordinary achievements in life, who reflects a magnetic aura, possesses a charismatic personality, whose speech is impressive and who is enthusiastic, then know for sure that this is due to the power of conserving semen, in other words - *brahmacharya*.

Let us assume that an ordinary man consumes 800 gm of food daily; thus he consumes 32 kg of food in 40 days yielding 20 gm of semen. Hence he will accumulate about 15 gm of semen in one month's time. This is almost equal to the amount of semen that is discharged in just one act of sexual intercourse.

Story of a Gardener

There was a gardener who spent all his time, energy, and wealth, in cultivating a beautiful flower garden. Many varieties of multi-coloured fragrant flowers were grown in it. He gathered the choicest flowers and prepared a wonderful perfume from them. And can you imagine what he did next? He poured forth the perfume into the sewer! Good heavens! He totally wasted the perfume which he had prepared after so much hard work, and which could have filled his home with a beautiful fragrance. You will obviously say, "That gardener was a fool, an idiot…" But take a closer look at yourself. You need not search too far for that gardener. Many amongst us are just like him.

The semen produced in the body from early childhood until today, over a period of 15 to 20 years of early youth, is transmuted into '*ojas*', which provides the body with strength, vigour and radiance. Do you think it is good prudence on your part to waste this precious semen which takes no less than 30 days to be produced, just for a single moment of sexual gratification? Isn't this foolishness quite like that of the gardener? The gardener might not have repeated his irrational action after having realized his stupidity, but today many people are repeating the folly of indulging in sex over and over again, even after having recieved numerous forbidding instructions from the scriptures and saints. Inevitably, they end up with nothing but repentance and misery.

Blinded by sheer passion, and for the sake of just a moment's pleasure, one eventually falls for the sexual act. And when the act is finally over, one feels drained of all energies and becomes not unlike a corpse. They do not know that the pleasure experienced was not real, but only a fleeting glance by which was wasted the precious vital fluid accumulated over a period of 30 to 40 days.

The semen produced and accumulated during the prime of one's youth remains in the body in the form of *ojas*. It is lost through discharge of semen during sexual intercourse and masturbation. Excessive sexual indulgence may even lead to the discharge of a white substance from the bones, causing debility and even impotence. One may even begin to shy away from confronting anyone, too scared to make eye contact. Their life becomes hellish. Since conservation of semen is of so much importance, our great sages and saints have laid down specific instructions regarding when, with whom, and at what frequency one should engage in copulation.

Sex for Progeny : Nature's Plan

The wastage of semen just for momentary pleasure is not an arrangement made by Mother Nature. It should only be used for procreation as intended by Her.

Reproduction is necessary for the continuance of all species, and Mother Nature has bestowed the power of reproduction on all plants and animals whereby it is their natural instinct to procreate. Overpowered by nature's instinct, every creature engages in the sexual act, and at the same time enjoys its pleasure as well. But is it wise to consider this natural arrangement as an ever ready means of sense gratification? In animals, the sexual

impulse, becomes active only during the mating season, and thus they remain healthy. So, has man degenerated to a level far lower than even animals in this respect ? Animals do not have a developed intellect, whereas it is fully developed in man.

आहारनिद्राभयमैथुनं च सामान्यमेतत्पशुभिर्नराणाम् । All animals consume food, experience fear, sleep and copulate, and in our previous births of lower life-forms, we too had been engaged in these acts. But now we have attained a human form, which is not meant for the satisfaction of the lower appetites of sex and taste. It is primarily meant for the higher purpose of achieving Self-realization. But if we continue to hanker after fleeting pleasures even now, then how shall we ever attain the highest goal of Self-realization ?

Don't be Misled by the Perverse Logic of the 'Natural Way of Life'

Many people put forth arguments, "The scriptures and saints have also preached that one should live life in *sahaj* (a natural way). Even Sant Kabirji has said : साधो, सहज समाधि भली । 'O sadhu! It is best to experience Natural samadhi.' When you feel like working, work; when you feel hungry, eat; when you are tired, rest. There should be no stress or mental tension of any sort. Psychiatrists believe that most diseases today are the direct results of this tension and stress.

Some people misinterpret this statement of Kabir to indulge in unrestrained sex. But they commit self-deception. Such people fail to understand that this *sahaj*, or natural way of life, implies the spontaneous life of those *JnÍnis* who have controlled their mind and intellect; have no expectations whatsoever, from the world; and who remain equanimous in both praise and insult. They are steadfastly poised in the Self where there is neither elevation nor degeneration. Worldly objects can neither enhance nor undermine their perennial state of bliss. Sense enjoyments can no more allure or lead them astray. Thus even if they are offered an abundance of material objects, they are awakened to such a high state of Consciousness that they would, with perfect equanimity, either use them or throw them away as per their wish. But what to speak of material objects when they have no attachment even towards their own bodies. They remain in such a continuous state of peace and bliss that it makes absolutely no difference to them whether they have a body or not. It is in regard to these enlightened souls that Kabirji says: साधो, सहज समाधि भली । 'O sadhu! It is best to experience Natural samadhi.'

Evaluate Yourself

If one has attained such an elevated state, then it is well and good. Otherwise beware! Under the pretext of such arguments you will only delude yourself and fall into the quagmire of moral and spiritual degradation. Just compare your state with theirs. If you are insulted, you become furious and vengeful. You cannot maintain equanimity in the face of gain or loss. Passion and hatred are an integral part of your life. The sense of **'I'** and **'mine'** such as **'my'** house, **'my'** wealth, **'my'** reputation, **'my'** body', still dominate you. This is *dehabhÍva* or *jivabhÍva*, i.e., identification with your physical body. Can you conduct yourself by rising above such *jivabhÍva*? Just think about this. Even sadhus have failed to detach themselves from their physical existence, then what to speak about ordinary people? They are obsessed with notions like, 'I am an ascetic, I don't eat sweets, I don't look at women, I don't touch money, I don't wear shoes...' So they have not been able to make their lives simple and natural.

People prefer to remain engrossed in sense pleasures in the name of the '*sahaj* life'. The mouth waters at the sight of sweets. One becomes upset when some near or dear one is in trouble. If the business suffers a loss, the owner has sleepless nights. One becomes homesick staying away from his kith and kin for long. We are so obsessed with such thoughts, that we often forget about our beloved Lord, Who is our real kith and kin. Are these, the indications of the '*sahaj* life', which the saints speak of? Certainly not.

Significance of Self-Control

A great injustice is being done to the youth of today. They are constantly being assaulted with sexually provocative material in virtually every sphere of life.

First of all, animalistic sexual instincts naturally drag the youth towards sexual indulgence, and then the modern social environment also pushes them towards this end. And on top of that, such tendencies are actually now promoted through scientific support, while asserting that self-control is deemed detrimental to one's health. With all this in mind, what hope is there when even the so called holy preachers expound such depraved doctrines as 'संभोग से समाधि', ('Sambhog Se Samadhi' i.e. From Sex To Superconsciousness) based on the irrational, atheistic and erroneous psychoanalytical theories of Freud? God alone can save the *brahmacharya* and moral chastity of married couples and youth !

In the September 16th, 1977 issue of 'The New York Times', it was reported: "An American panel believes that more than 20 million Americans need psychiatric treatment." In view of the above statistics, Martin Gross, a great author, editor and educationist of the USA, writes in his book, '**The Psychological Society**', "The Freudian neurosis has infiltrated our psyche and our culture more deeply than we yet understand. If we recognize that much of it is a reflection of Freud himself, and we know the dimensions of that personality's distortions, it may

help us to free ourselves from its pervasive influence. We might no longer have to live in the shadow of Dr. Freud."

Modern psychoanalysis, modern psychiatry, and psychotherapy only mirror the neurosis of Freud's warped mind. Freud suffered from spastic colon, near-continuous depressive moods, neurasthenia, homosexual tendencies, migraines, bad temper, phobias towards travelling, death and financial losses, sinusitis, constipation, fainting spells, hostile bouts of hatred and even murderous inclinations. Freud, who disregarded self-restraint in his life and also taught his wretched ideas to others, finally died a physical and mental wreck. Do you also want to commit suicide by imitating Freud, whose psychology has ruined the health and lives of western youths?

Now when such eminent psychologists as Professor Adler and Professor C.G. Jung have categorically refuted Freud's theory, it is but regrettable that even in India today, many psychiatrists and sexologists preach unethical (pre-marital) and unnatural sex (masturbation) to the youth through their various periodicals and newspaper columns based on Freud's theories. Freud himself had admitted to his insanity just before his death, "My ego resembles that of the psychotic in one way or another, in a greater or lesser degree." Freud's followers may not admit Freud's madness, but in supporting and propagating the theories of Freud who was a psychotic, they do deserve to be termed as the followers of a lunatic only. It is our humble request to them to refrain from misguiding and corrupting the people of our nation. They should, rather, strive to ensure that everyone reads this book five times, and makes others read it five times as well. Herein lies the good of all.

As per the 'National Crime Victimization Survey' (NCVS) some 16,86,600 major crimes were committed in America in the year 2002. Out of these, only 10,36,400 crimes were reported. There were 28,797 cases of murder, 2,01,581 cases of rape, 6,33,543 burglaries, 12,38,288 cases of serious assault, and 44,63,596 cases of minor assault. Thus there were a total of 65,65,805 violent crimes. In the year 2002, American boys in the age group of 12 to 17 years committed 2,78,000 crimes, and those above 18 years committed 1,81,000 crimes. Boys of unverified age also committed 1,93,000 crimes. In the year 2002, America's national expenditure on health was 1,548 billion dollars, that is 69,66,000 crore rupees. A survey conducted there in the year 2001 revealed that 51% of marriages end in divorce.

On having violated nature's law of self-control, Mother Nature has punished them with various sexually transmitted diseases. They chiefly suffer from diseases like AIDS which is spreading like an epidemic. Their family life is largely disturbed by internal conflicts, dissatisfaction and rage. Social life is badly ridden with chaos, strife, discontent, lawlessness and hostility. The U.S. consists of 4.6% of the world's population, and they have for themselves a whopping 40% of all global consumer products (like cars, TVs, air conditioned houses, etc.), yet their crime rate is so high.

It is due to these so-called psychologists like Mr. Freud - the champions of lustful living - who influenced and misled the entire western world in the name of psychological science. Now this gale of degeneration has started blowing across our own country as well. We must become alert to prevent our motherland from falling prey to the same misfortune as has already befallen the U.S. and the rest of the western world. Unfortunately, some irresponsible Indian philosophers have been preaching this same Freudian psychology, thus pushing the young generation towards unrestrained, illicit sex and thereby misleading them. Freud had authored his treatise advocating debauchery only on the basis of some psychological beliefs, but this so-called philosopher has misled even religious minded people and encouraged them to practise unrestrained sex under a religious and spiritual banner entitled, 'From Sex to Super-Consciousness'. Sex leads not to Super Consciousness, but to self-destruction. Self-control is essential to attain Super Consciousness. Now even western psychologists have begun to accept this principle.

Even before the time when the west had embarked on its journey of scientific discoveries, and when human civilization was yet to develop in other parts of the world, the philosophers and yogis of India had already been carrying out serious studies on the various facets and problems of human psychology. Yet, present day Indian psychologists who have been raised under the scientific influence of the west are loath to admit even the existence of an Indian psychological science. This is a great shame indeed.

Indian psychologists have promulgated the existence of consciousness at four levels: *JÍgrat*, *Swapna*, *Sushupti* and *Turiya*. Western psychological science acknowledges only the first three of them. Western psychological science is non-spiritual. Ancient India's psychological science is time tested. It has proved to be extremely beneficial for self-development and character building, as it is based primarily on spiritual science. Indian psychological science is of great help in imparting Self Knowledge and facilitating overall self-improvement. The ways and means to abandon vices and adopt virtuous habits, as well as a detailed account of the workings of the mind and its control have been thoroughly expounded in it. Thus it enables man to lead a happy, healthy and dignified life.

Any attempt to erect an edifice of world peace based upon western psychological principles is like constructing an edifice on pillars of sand. The two World Wars are enough testimony to the harmful effects of western psychology. Psychologists of the west are now realizing how much they have misconstrued the facts.

The aim of Indian psychological science however, is to bring about a divine transformation in a person towards spiritual elevation. Through its principle of 'Unity in Diversity', a general sense of tolerance as well as an atmosphere of active co-operation can be fostered among various countries, classes, religions, and communities of the world. Indian psychological science expounds upon the effects of different foods on the mind and body, the locations of the psychic centres, the position of the *kundalini*, and sublimation of the sexual energy, etc.

Western psychology deals merely with human behaviour. Indian psychology on the other hand, deals not only with human behavioural science, but also with spiritual science. It lays great emphasis on the control of the senses. Western psychological science however, stresses upon the mental processes and the constitution of the brain, wherein the study of only the mental world analysed by the mind is done. And what makes it worse is that Freud's psychological theories are based on the analysis of demented minds by another (his own) demented mind. In contrast, Indian psychological science studies the ways and means to negate the mind through negation of the sense organs in order to ultimately attain Self-realization. A comprehensive tool to relieve mental strife, or offer a permanent solution to the inherent negativism of a person does not exist in western psychological science. For this very reason, even millions of intellectual followers of Freud have fallen victims to insanity. There is no record of anyone becoming a *Yogasiddha Mahapurusha* by following the path of 'From Sex to Super-Consciousness', although there have been many cases of its followers becoming enervated, depressed and mentally deranged. On the other hand, Indian psychological science helps to relieve one's mental tension through Yoga, *SÍdhana-Chatushtaya*, virtuous traits, company of saints, spiritual practices, renunciation, knowledge, devotion, selfless service, etc. Through their regular practice one can attain a well-constituted and well-developed personality. This is how the followers of Indian psychology such as Panini (a foremost grammarian) and Kalidas (a great poet) became great scholars, though they were of low intellectual capabilities in their early lives. Indian psychological science has produced thousands of great devotees, powerful yogis and Self-realized saints across the world.

Hence, the overall good of an individual, family, society, nation and humanity at large, lies in abandoning the precepts of western psychological science and taking refuge in Indian psychological science. Many ordinary persons have become great yogis by following the principles of Indian psychology as propounded by Sage Patanjali. Many are now treading this path, and many will follow it in the future to become great yogis. But we are yet to see a single person attaining samadhi by following the teachings of 'From Sex to Super Consciousness'. On the contrary, many a people have become weak, ill, victims of AIDS, and untimely death, mentally depressed, restless or even insane.

Therefore, those people who wish to save mankind, especially the youth from being misguided, who wish that the youth may possess vibrant physical health, a cheerful mind and a sharp intellect, and who want to save the nation from the dreaded disease of AIDS and build a healthy society, must now come forward to propagate the highest message of self-control, self-restraint, chastity and *brahmacharya* to the whole society. It is our moral duty to ensure that the misguided youth of today read books such as, '**Divine Inspiration…**'.

Suppose a person is hit by a pang of lust, but does nothing to restrain himself unmindful of the harmful consequences on his physical strength, lustre, and intellect, but instead falls for that desire, then what difference is there between him and an animal? Even animals indulge in sex only during their mating season and thus they live a *sahaj* and natural life. But humans! Humans think that they are free to indulge in sex all 365 days of the year; and moreover, they put forward the pretext, 'If one should not satisfy the urge, then why did God create it in the first place? What is the use of it?' They do not realize that their sense of discrimination is blinded by lust, and that they are vainly trying to partner God in their sinful acts.

Suicidal Arguments

Some time ago, I received a letter. The gentleman had written: "Your Holiness has advised in the course of *satsang*, and it is also mentioned in your books that one should abstain from smoking, chewing tobacco, and other addictions, as they destroy the strength, health and intelligence of the individual. If it be so, then why did God create tobacco?"

Now this gentleman is himself unable to give up the addiction and is making God liable for it. God has created roses as well as thorns, but why do we pick only the roses and not the thorns? God has created fire too, but why do we use it to cook food with, and not burn down our homes? God has created the *Aak* (*calotrepis gigantia*), thorn apple, mangrove trees and other poisonous plants. Why don't we cook and eat them? God has created poison too, but we only use it in the making of life saving medicines, rather than swallowing it directly which causes death. In all these matters we use our discriminative intelligence to choose what is beneficial, and reject what is harmful. But when we cannot control our minds, we blame God. This is a gross misuse of intelligence and energy. Alcoholism, smoking, and sexual depravity, of course debilitate the mind and make the intellect dull and unfocussed. A man with such a demented mind soon meets his doom. ॐ... ॐ... O Lord! Grant us good prudence. ॐ... ॐ... O Lord! Grant stability to our good qualities.

Preservation of seminal energy through *brahmacharya* is very important for maintaining a strong body and a sharp intellect. The importance of *brahmacharya* is stated in the 'Sadhanapada' of 'Yogadarshana': ब्रह्मचर्यप्रतिष्ठायां वीर्यलाभः 'One is endowed with power on having become steadfastly established in *brahmacharya*.'

Frequency of Copulation

If someone wishes to lose his vigour through sexual indulgence and degrade himself, then he must at least bear in mind the advice given by the great Greek philosopher Socrates in the following conversation.

Householder: "Kindly instruct me as to how many times a man may have copulation with his wife."

Socrates: "Only once in his life."

Householder: "But if that fails to satisfy him?"

Socrates: "Then he can have copulation once a year."

Householder: "But if that too doesn't satisfy him?"

Socrates: "Then let it be once a month."

Householder: "And if he is still not satisfied?"

Socrates: "Then let it be twice a month, but this will cause an early death."

Householder: "What should he do if he is not satisfied with that either?"

Socrates: "Well then, do it this way. Dig a grave, purchase a coffin and a shroud for yourself beforehand, then you may spoil yourself as many times as you wish. This is my final advice to you."

Socrates' advice should be a great message for one and all. Whoever wastes his semen for sexual pleasure attains only despair, weakness, and finally death. This priceless human life is wasted on sexual indulgence, but sexual desires are never satiated.

The Experience of King Yayati

Cursed by Shukracharya, King Yayati became aged in the very prime of his youth. On being begged for forgiveness, Shukracharya took pity on him and modified his curse so that Yayati could regain his youth if any of his sons consented to exchange his youth with his father's old age. One by one, Yayati asked each of his sons Yadu, Turvasu, Druhyu and Anu, to take his old age and give his own youth in exchange. But all of them refused. Finally Yayati's youngest son, Puru, exchanged his youth for his father's old age. Yayati, gained his youth anew and began to indulge himself in sensual pleasures again. But even after enjoying all these pleasures for one thousand years, he was not satisfied. Then, returning his remaining youth to his son Puru, Yayati said: "Dear Son, with your youth I enjoyed all the pleasures I craved and longed for.

न जातु कामः कामानामुपभोगेन शाम्यति । हविषा कृष्णवर्त्मेव भूय एवाभिवर्धते ॥...

"But desires never die. They are never satiated by indulgence. Through indulgence they only flare up, just like the sacrificial fire when ghee is poured into it. If one becomes the sole Lord of the earth with all its jewels, gold, cows and beautiful women in his possession, he will still not consider it enough. Therefore, the thirst for enjoyment itself should be abandoned. This thirst is, however, very difficult to give up for people with a depraved intellect. Desire, that does not diminish even with the waning, life is a veritable fatal disease in man. Only he who abandons all his desires attains real happiness." **(The Mahabharata - Adiparvani Sambhavaparva: 85:12-14)**

Yayati's experience is very poignant and teaches a great lesson to mankind. He continued, ''पूर्णं वर्षसहस्रं मे विषयासक्तचेतसः । तथाप्यनुदिनं तृष्णा ममैतेष्वभिजायते ॥... Dear son! I have been indulging in worldly pleasures for the last thousand years, yet my thirst for them only goes on increasing day by day. Therefore, I shall abandon these pleasures and fix my mind on Brahman. Then with a completely detached and tranquil mind I shall pass the rest of my days with the innocent deer in the forest."

Yayati crowned Puru as the king and retired to the forest to lead the life of an ascetic.

Those who do not realize the importance and value of preserving this vital essence of life (semen), should remember that they are merely the followers of Yayati, and hence, are only heading towards utter ruin. They must learn a lesson from the experience of Yayati. They should cultivate dynamic will-power, a discriminative intellect, and have pity on their own selves. Forget the past. Make a fresh start in life. It is better late than never. Practise *brahmacharya* by means of *yogÍsanas*, *prÍnÍyÍma*, etc., and adopt herbal therapy to maintain good health and regain the lost vitality. Be heroic and brave. ॐ... ॐ... ॐ...

The Example of King Muchakunda

When King Muchakunda's merits of having *darshan* and *satsang* of Sage Gargacharya came to bear fruit, he was blessed with the *darshan* of God. He prayed, "O Lord! Kindly bestow Your unswerving devotion upon me." The Lord said, "You have indulged excessively in sense-pleasures. Sensualists cannot attain unswerving devotion to the Lord. Self-control is a must to attain firm devotion. Only after you leave this Kshatriya body, you will be endowed with a firm sense of devotion in your next life." In his next birth, the same King Muchakunda was born as Narasinh Mehta, a staunch devotee of Lord Sri Krishna.

Victims of Bad Habits

Unfortunately, in today's world, many people read pornographic literature, watch pornographic movies and become victims of unnatural sexual excitements. As a result, they lose their seminal energy many times a month in wet dreams or through acts like masturbation. Such habits lead to the emptying of their testicles. A lot of energy is needed to refill the empty testicles, thus sufficient semen is not available in the body to produce the *ojas* that gives vibrant health, strong will power and a sound mind. Then devoid of good health, radiance and strength, such a person loses the enthusiasm for life. His semen becomes watery. If he fails to control himself before it is too late, then a stage will come when his testicles will stop producing semen altogether. Even if a little bit of semen is produced, it will just be a watery-thin liquid without the capacity to procreate. His life is then not even worth its name. He becomes a mere living carcass. He becomes afflicted with various diseases, and no medicine has any positive effect on him. He goes through a hellish suffering. The scriptures emphatically declare:

आयुस्तेजो बलं वीर्यं प्रज्ञा श्रीश्च महद्यशः । पुण्यं च प्रीतिमत्वं च हन्यतेऽब्रह्मचर्यया ॥

'Non-observance of *brahmacharya* leads to loss of longevity, glory, strength, vigour, intellect, wealth, fame, virtues and pure love.'

Therefore the practice of *brahmacharya*, i.e. conservation of semen, is most praiseworthy indeed.

Conservation of Semen is Always Commendable

The Atharva Veda (16.1.1,4) declares:

अतिसृष्टो अपां वृषभोऽतिसृष्टा अग्रयो दिव्याः ॥ इदं तमति सृजामि तं माऽभ्यवनिक्षि ॥

'I have abandoned the lust that wastes my seminal energy. I renounce this sexual desire forever. I will never fall a victim to the sexual desire that destroys my strength, intelligence and health.' ... But what happens to one who does not lead a life of *brahmacharya*? The Atharva Veda (16.1.2,3) says:

रुजन् परिरुजन् मृणन् प्रमृणन् ॥ म्रोको मनोहा खनो निर्दाह आत्मदूषिस्तनूदूषिः ॥

'Lust is the root cause of various dire diseases. It is the cause of death that often comes after a lot of suffering and pain. It makes one stagger. It destroys all mental faculties. It destroys health, vitality and physical well-being. It burns all the *dhÍtus* (i.e. chyle, blood, flesh, fat, bone, marrow and semen). It pollutes the purity of one's conscience. It vitiates the *vÍta*, *pitta* and *kapha* humours of the body and leaves one lustreless.'

It was by the sheer strength of *brahmacharya* alone that Arjuna was able to defeat Angarparna, a great *gandharva*.

Arjuna and Angarparna

Once Arjuna and his brothers were on their way to Panchala to attend Draupadi's *swayamvara*. At Somashrayana, a holy place on the bank of the river Ganges, the *gandharva* king Angarparna (Chitraratha) accosted them. Angarparna was sporting with his wives in the delightful waters of the Ganges. He told the five Pandavas, "So long as I am here, no *rakshasa*, *devata*, *yaksha* or human being can pass this way. If you care for your lives, go back!" Arjuna retorted, "I know very well that a *gandharva* is much more powerful than a human being, but still, your strength will simply pale before mine. You can do whatever you want, but we will pass through here at any cost."

Arjuna's response infuriated the *gandharva*. He promptly drew his bow and shot arrows at them. But Arjuna deflected all the arrows with the burning torch he was carrying in his hand. Then Arjuna hurled the 'Agneya Astra', the blazing-fire weapon at the *gandharva*, which immediately burnt his chariot down. Rendered unconscious by the sheer force of the weapon, the powerful *gandharva* fell down headlong from his chariot. His wife Kumminasi became very upset and she prayed to Yudhishthira to spare her husband's life. Yudhishthira then asked Arjuna to be merciful to the *gandharva*.

When Angarparna regained consciousness, he said, "Arjuna, I have been defeated by you, therefore I shall give up my former name Angarparna. I was formerly called 'Chitraratha' because I possessed a beautiful chariot, but you have burnt that chariot, and hence I shall from now on be known as Dagdharatha (having a burnt chariot). I possess one *vidya* called *Chakshusi*, which was imparted by Manu to Soma, by Soma to Vishwavasu, who in turn gave it to me. If some coward gets this *vidya*, it will be destroyed. One can acquire this military science only after observing the penance of standing on a single leg for six months. But Arjuna! I shall impart this science to you without having to observe any such penance. Now listen to its virtues. This science will enable you to see whatever you like in all the three worlds, in its present state. O Arjuna! Only on account of this science are *gandharvas* superior to men and equal to the celestials in power."

In this manner Angarparna presented the *Chakshusi vidya*, along with some divine horses and other gifts to Arjuna. Then Arjuna asked, "O *gandharva*! Why did you suddenly attack us and what actually led to your defeat?" The *gandharva* gave a very pithy answer, "O chastiser of foes! Had any lustful *Kshatriya* challenged me at night, he would never have escaped alive, because our strength is all the more powerful at night. No man

confident of his strength will bear an insult in front of his wife. You challenged me in the presence of my wives, and filled with wrath I shot arrows at you. But as you are asking the reason for my defeat, the answer is as follows:

ब्रह्मचर्यं परो धर्मः स चापि नियतस्त्वयि । यस्मात् तस्मादहं पार्थ रणेऽस्मि विजितस्त्वया ॥

'Brahmacharya is the greatest dharma, and you are certainly leading that mode of life. O son of Kunti! It was only due to this reason that I was defeated by you in the duel.' **(Mahabharata: Àdiparva of Chaitraratha Parva: 169.71)**

Thus it is clear that preservation of semen, the vital fluid, is very important. Now let us understand the essential meaning of *brahmacharya* before we discuss some powerful tools for its observance.

The Literal Meaning of Brahmacharya

'*Brahmacharya*' is a wonderful and pious term. In common parlance, a *Brahmachari* is one who is unmarried, does not indulge in sex, shuns the company of women, etc... etc. But this is a very limited definition. This creates an impression that only the preservation of the seminal energy is what *brahmacharya* is all about. But preservation of semen is only the means, not the goal. The ultimate goal of human life is to attain Self-knowledge, to attain Self-realization. One who has realized the Real Self is a *Jivanamukta*. He is absorbed in the bliss of Brahman, i.e., he lives in a state of perennial Self Bliss. He expects nothing from the world. He has discovered the fountain of bliss within himself. No more does he depend upon external objects for his happiness. He is absolutely free, beyond all bondages, and all his actions are performed quite effortlessly. Worldly objects or events cannot disturb his state of perennial spiritual Bliss. Intoxicated with Self Bliss he moves about totally care-free having realized the hollowness of this dream-like world of sense pleasures. It makes no difference to him whether he wears just a loincloth or expensive clothes, whether he lives in a hut or a palace, whether he is a householder or an ascetic. Such a person may externally appear to be a destitute, but internally he is the King of kings, because all his desires are destroyed. For him there is no duty left to be discharged, because he has transcended them all. Such an enlightened one remains established in Brahman while performing all sorts of activities. He remains in a natural and uninterrupted state of samadhi. He is always absorbed in his Brahmic bliss.

Technically, *brahmacharya* is the conservation of seminal energy. In this context, *brahmacharya* is the supreme observance, the supreme penance and the supreme *sÍdhanÍ*. The outcome of this *sÍdhanÍ* is Self-knowledge, Self-realization. It is only by attaining this ultimate goal that the full import of *brahmacharya* is comprehended. Even if there be a single desire in the mind, one cannot be called a true *BrahmachÍri*, and before attaining Self-knowledge, one cannot be completely free from the shackles of desire. While conservation of seminal energy is great, excellent, and always desirable, it is also the most essential part of *sÍdhanÍ* that helps eradicate desires and brings about purity of mind. This leads to a healthy and happy life, and finally helps one attain the highest goal of human life, i.e. Self-realization, or in other words, the Supreme Bliss.

Now we will discuss how to observe *brahmacharya* with the aid of some very effective physical and mental techniques.

Ways to Preserve the Seminal Energy

Simple Living

The majority of people suffer from the delusion that they will gain a special and covetous status by leading a pompous and glamorous life. In reality this is far from the truth. Actually, this only helps them display their inflated ego. One should abstain from wearing red-coloured, fashionable clothes, silks, etc., and also from using stimulating perfumes and scents. The more luxurious life one leads, the more the senses are stimulated, and consequently preservation of seminal energy becomes a distant dream. A cursory glance through history shows that truly great personages led a simple and unostentatious life right from an early age. Simple living is a sign of true greatness. Don't just blindly ape the unnatural and materialistic lifestyle of other people.

Moderation in Diet

Vahaman, the Emperor of Iran, once asked a master physician, "What should constitute a man's daily diet?"

The physician replied, "100 dirhams (about 450 gms)."

The king said, "But this does not seem enough!"

The physician replied, "This provides sufficient nutrition to the body. If any one eats more than this, it becomes a burden on the digestive system and reduces one's longevity."

Overeating is injurious to health. Driven by their penchant for taste, people commit a grave injustice to their stomach by overstuffing it with food. In ancient times, a Roman emperor loved tasty foods. He used to eat and then vomit using emetic drugs, only to eat and then vomit again. This gluttonous habit led him to an early death. Don't be a glutton. Keep your tongue under control. If you do not use discrimination regarding what,

when, and how much to eat, it will impair your digestion, invite diseases, aggravate loss of semen, and lead to your downfall.

Justice Mahadev Govind Ranade's wife served some mango slices to him. He took only two of them and told his wife to distribute the rest. His wife was surprised, "These are such good mangoes! So sweet and lovely! So aromatic! Don't you like them?" Ranade said, "If I take more of what I like, my weakness for taste will increase. I do like mangoes, but don't want to be obsessed with their taste. Slavery to the mind and senses degrades the individual. I do not want to pamper my greedy palate. Rather, I would like to distribute the thing I like in order to cultivate self-restraint. I want to change my habit of enjoying something into that of just utilizing it." This is a wonderful way to fight attachment. If you like something, don't enjoy it by consuming it. Enjoy it by giving it to others. In this way, one should try to get rid of desire rather than becoming a slave to it.

Food should be eaten in a clean, hygienic place, with a pleasant and peaceful mind. Solid food is easily digested if it is eaten when the *Surya NÍdi* is dominant, i.e. when breath comes mainly through the right nostril, as the digestive fire is strong in this condition. If the right nostril is clogged it should be opened before eating. The technique is given here: Place your clenched right fist in the left armpit and press it with considerable force, or alternatively lie down on your left hand side which will soon clear passage of the right nostril. Sleep on your left hand side at night. Do not ever sleep during the day, but if necessary, sleep on your right hand side only.

Another important point to remember is that whenever you drink any liquid, make sure that the *Chandra NÍdi* is dominant, i.e. the left nostril is open. If milk, coffee, tea, water or any other liquid is consumed when the *Surya NÍdi* is active, then one will definitely lose his seminal energy. Beware! Do not take any liquid when the right nostril is open. If you are to drink something, first close the right nostril with your finger and then drink while breathing through the left nostril.

Eat easily digestible light foods only. Don't eat very hot or heavy foods as they cause diseases. Fried, overcooked, spicy, and sour foods must be avoided as they stimulate the sexual organs. Taking cold drinks after very hot foods or hot drinks after cold water weakens the teeth and gums. Drinking tea or coffee on an empty stomach makes the semen watery which inturn leads to dissipation of semen.

Thoroughly chew the food you eat. If you are tired, don't forget to take a little rest before you have your meal. No strenuous work should be undertaken immediately after meals. Water should not be drunk just before meals. It is better to take water intermittently during the meals or at least half to one hour afterwards.

Take light meals at night. It is extremely harmful to take meals late at night, for it leads to obesity, laziness and fatigue. Such people experience the onset of old age comparatively earlier in their lives. The digestive fire gets weaker with the progress of night. If you have constipation, do as follows:

Take about 50 gm of red alum and heat it on a griddle until it puffs up. Then grind it into a fine powder. Sift it through a cloth and store it in a small jar. Soak about 15 gm of aniseeds in a glass of water at night. The next morning, boil it sufficiently and then filter the boiled water. Add 1.5 gm alum powder and then drink it. This will relieve constipation and cure fever as well. Constipation is the root cause of all diseases. It is essential to get rid of constipation.

Indian Spinach (*Beta Vulgaris*), pointed gourd (*Trichosanthes dioica*), fenugreek (*Trigonella foenumgraecum*), potherb (*chenopodium album*), other leafy vegetables, milk, butter, buttermilk, ghee, ripe fresh fruits, etc. should especially be consumed. Such food items enhance *sattvikatÍ* (purity) and help overcome lust, anger, attachment, etc., while also keeping you cheerful and enthusiastic in all of your undertakings. Avoid consuming green chillies in food. Black pepper is beneficial. One should never drink warm milk at night just before going to bed. It usually causes wet dreams. Never suppress the urge to answer the calls of nature. Unexcreted faeces and urine stimulate internal nerves that result in wet dreams. Constipation is a major cause of nocturnal emissions. If on account of severe constipation the bowels are loaded, then it will exert pressure on the *vesiculae seminalis*, precipitating discharge at night. Therefore keep the bowels empty. You may take *TrifalÍ churna*, *Harad*, *SantkripÍ churna*, *Gojharanvati* (these medicines are available in the Ashram and in the Samitis associated with it) or *Isabgol* (*Plantago ovata*) with water at night to relieve constipation. Avoid the use of too hot, sour, pungent and spicy laxatives sold in the market, for besides causing unnecessary stimulation, they create undesirable heat in the body.

You should also observe fast occasionally. In order to provide a much required rest to the stomach, one must observe a complete fast at regular intervals. आहारं पचति शिखी दोषान् आहारवर्जितः । 'The digestive fire digests the food, while fasting digests the impurities in the stomach.' The digestive power is stimulated by fasting. However, one should avoid excessive fasting and fast only according to one's capacity. To fast one day and stuff your stomach with heavy foods (sweets, *laddus*) the next day is not sensible. Both overeating and excessive fasting are detrimental to health. The Sanskrit word for fasting is *UpavÍsa*. The literal meaning of *Upavasa* is to stay near God. '*Upa*' means near, and '*VÍsa*' means to stay. You can perform worship and practise self-enquiry very well during a fast. The mind becomes introverted and sexual passions remain under check. Liquor, onion, garlic, meat and fish, are all sex stimulants; hence one must stay away from them.

Bathing the Genital Organ

After urination or defecation, the sexual organ should be washed with cold water. At times, a stream of cold water should be allowed to fall onto the tip of the organ. This tones and soothes the nerves of the genito-urinary system and stops nocturnal emissions. It also subdues sexual desires.

Beneficial Asanas and Physical Exercises

A healthy mind resides in a healthy body. One who is not healthy is more prone to be afflicted with base desires. Hence, follow a regular regimen of *asanas* and physical exercises in the morning.

An early morning jog or brisk walk for 3-4 minutes also provides good exercise to the body. It is ideal if you can do *SuryanamaskÍras* 13 times or more at sunrise, as it provides the benefits of both *Ísanas* and physical exercises. Exercise doesn't mean body building. The purpose of doing exercise is to carry out just enough physical activity so as to keep the body and mind free from diseases.

Àsanas are better than exercises. *Àsanas* have proved to be extremely useful in bringing about an all-round development of the body, and also help in observing *brahmacharya*. *Àsanas* purify the *nÍdis* and thereby enhance the *sattvaguna*. There are different *Ísanas* for the perfect development of different organs and parts of the body. However, to maintain *brahmacharya*, *PÍdapashchimottÍnÍsana*, *SarvÍngÍsana* and *MayurÍsana* are very useful. Anybody can perform these *Ísanas* with a little bit of careful practice. *PÍdapashchimottÍnÍsana* is the most beneficial of them all. This is the personal experience of many *sÍdhakas* visiting the ashram.

Àsanas should first be learnt from a qualified instructor and practised on an empty stomach in the morning preferably in the open air. *Àsanas* should be done only after emptying the bowels, taking a bath, and completing physical exercises.

Before you take a bath, rub the body vigorously with a coarse towel or with your hands. This friction generates static electricity which helps prevent a number of diseases. Fast breathing improves peripheral blood circulation and removes toxins from the body through the lungs. Inhalation fills the lungs with clean air, which detoxifies the blood and removes the toxins through exhalations. The remaining toxins are removed through the sweat glands along with perspiration. These toxins block the pores of the skin. Hence it is better to bathe after rubbing the body thoroughly, which helps open up these pores giving agility to the body.

Early Rising

Nocturnal emissions usually occur in the fourth quarter of the night. Therefore leave your bed around 4.00-4.30 am, i.e. during *Brahmamuhurta*. Those, who get up late in the morning, lack in energy and enthusiasm.

Abstain from Intoxicants

Alcohol, chewing tobacco and cigarettes stimulate passion. In Allah Pak Trikol Roshal's Sipara of the Koran Sherif, it is written, "Only they take such intoxicants, who have been instigated by Satan (the Devil). Allah keeps away from such people, for this is Satanic action and Satan takes that man to hell." Addiction to intoxicants weakens the heart and the lungs. It undermines both, one's immune system and longevity. A scientific research conducted by some American doctors has proved that intoxicants arouse passion, thereby making the semen watery leading to impotency.

Seek Satsang

If one doesn't seek *satsang*, he will certainly fall into *kusanga* (bad company). Therefore, always seek *satsang* and practise its precepts in thought, word and deed. Whenever an evil thought enters the mind, be alert and leave that place immediately. Go to some *sÍttvik* environment where you can meet a virtuous friend or saint. Their pious company will destroy the evil thoughts and purify your mind and body. If you don't do this, then sexual thoughts will certainly pull you down, because as you think, so do you act. Sooner or later your lascivious thoughts will lead you to base acts. It is futile to lament after the fall.

Water has a natural tendency to flow downwards. Similarly, the mind also has a natural tendency to flow outwards, towards sense pleasures. It always cheats man and leads him to sensual indulgence and bad company, which ultimately precipitates his downfall. Apparently bad company may seem very attractive at first, but…. जिसके पीछे हों गम की कतारें, भूलकर उस खुशी से न खेलो । - 'Never, not even by mistake, should you fall for those pleasures that give rise to numberless sorrows.'

Even if you have suffered a great downfall in the past, there is still chance for redemption, provided you take recourse to *satsang*. History proves that many wicked persons have become great through *satsang*.

शठ सुधरहिं सत्संगति पाई । - 'The wicked are reformed by the touch of *satsang*.' You are inviting your downfall if you stay away from *satsang*. Therefore, keep bathing your eyes, ears and skin in the holy Ganges of *satsang*, so that lust does not get the better of you.

Cultivate Good Resolves

Some people think, 'Even great sages and yogis have at times experienced downfalls on the path of *brahmacharya*; how can we ever observe *brahmacharya* strictly?' Resolutely drive away such weak thoughts. Develop a dynamic willpower. Make good resolves. As you think, so you become. This world is itself a manifestation of the Cosmic Will. Therefore, cultivate strong will power. A strong will helps preserve the seminal energy, and the latter further strengthens the former. विश्वासो फलदायकः । It is faith that bestows the fruit of success. The extent of success is determined by the nature and intensity of your faith. *BrahmajnÍni* saints have a tremendous power in their will. Actually a *BrahmajnÍni* is an embodiment of *brahmacharya*.

Do Tribandha PrÍnÍyÍma

PrÍnÍyÍma, when done with the three locks (*bandhas*) purifies the mind of all passions. *Moolabandha* enables one to conquer passions, *UddiyÍnabandha* enhances rapid spiritual progress, and *JÍlandharabandha* increases intelligence. This *prÍnÍyÍma* should be practised under the supervision of an experienced great man. In the beginning, one should do 12 *prÍnÍyÍmas* in order to get accomplished in *pratyÍhÍra*. 12 *pratyÍhÍras* lead to perfection in *dhÍranÍ*. The mysteries of Nature are revealed by the power of *dhÍranÍ*. Sweetness of nature, sharpness of intellect and robust health are the signs of a well-developed *dhÍranÍ*. 12 *dhÍranÍs* culminate into *dhyÍna*, taking one into *Savikalpa* Samadhi. If one remains established in the *Savikalpa* Samadhi for a period equal to 12 times the length of time taken to attain *Savikalpa* Samadhi, one gets immersed in *Nirvikalpa* Samadhi.

Regular practice of this regimen for six months can make a *sÍdhaka* adept in yoga. *Riddhis* and *siddhis* will become his servants. *Yakshas*, *kinnaras* and *gandharvas* would seek an opportunity to serve him. Such a holy man is able to fulfil the desires of worldly people at his will. A *sÍdhaka* should aspire for this great goal. Only he who observes *brahmacharya* and leads a life of purity can succeed in this endeavour.

Friends! Be not disappointed even if you repeatedly fail. Do not succumb to your failures. Read this book over and over again. When you get up early in the morning, sit on your bed for a short while and make the resolve: "Animals are pre-ordained to meet their death by suffering the vagaries of nature. I was not born to lead an animalistic life. I will exert all the powers I possess to march forward in life. Hari ॐ... ॐ... ॐ... God's infinite power is inherently present within me. Hari ॐ... ॐ... ॐ... I will not become impressed by the worthless lifestyle of depraved worldly people. Hari ॐ... ॐ... ॐ..."

This practice, when done regularly, gives miraculous results. Love the Almighty, the Omnipresent, Omniscient Lord and pray to Him. When in need, cry earnestly for His help. God is our sure guide. He always helps us, gives us strength and intelligence. In due course, a *sÍdhaka* is able to conquer his ignoble passionate nature. God's infinite power is always ready to help you. Do not lose heart at any point. Don't ever give up courage. Strive to attain success even if you have failed many times before.

Be brave! Be courageous! Try again. Read the ways and means of observing *brahmacharya* again and again. Ponder over them minutely. You can easily attain success in every field. Won't you muster up the courage? Overeating, excessive sleeping, excessive talking, excessive sexual indulgence and excessive travelling destroy our latent abilities; whereas self-control and proper exertion develop them further and thereby lead us to God-realization.

When the neem Tree (Margosa) Moved

Here is an incident that occurred in the life of My Satgurudev, His Divine Holiness Sri Lilashahji Maharaj. It took place before the partition of India in the province of Sindh. There was a dispute between the Hindus and the Muslims over the ownership of a piece of land with a *neem* tree that marked the border. Upon having failed to get a verdict on the case even after numerous visits to the court, both communities agreed to make an out-of-court settlement. They came to the common agreement that (the land in dispute being a religious place) whichever community's saint performed the greater miracle, that community would win the rights to the land.

At that time my Gurudev's name was Swami Lilaram. Leaders of the Hindu community approached Swami Lilaramji and said, "You are our only Saint. We tried our level best to get the land but failed. Now the honour of the entire Hindu community rests at Your holy feet. इंसाँ की अज्म से जब दूर किनारा होता है । तूफ़ाँ में टूटी किश्ती का एक भगवान सहारा होता है ॥ - 'When a storm causes a shipwreck in the midst of an ocean and it is beyond human capacity to reach the shore, God alone is the saviour.' God or a saint, You are the only hope for us. You alone can do something to turn the case in favour of the Hindus."

If an egoistic person goes to a saint, he gains nothing; but if one goes with humility and a sense of self-surrender, he does gain something worthwhile. Out of compassion, a saint readily showers his blessings upon people endowed with the attributes of faith and humility. Sri Lilaramji accepted their request and went to the assembly held at the disputed site and sat on the ground placing His head between His knees. As they saw Him in this unassuming and rather simple state, the members of the opposite side mistook Him for a fake holy man having no miraculous powers whatsoever. They whispered, "What can this sadhu do? Victory is ours."

First the Muslim fakirs displayed their black magic, mantras and Tantras, and then came the turn of Sri Lilaramji. Although quite ordinary in appearance, He was a mighty Saint and a Master of Yoga who was ever absorbed in the divine intoxication of Self Bliss. He was so deeply absorbed in the all pervading Bliss of the Supreme Brahman, the Absolute Reality, that thus was His own experience, 'Earth, Space, nay the entire Cosmos exists in My Being. Not even a leaf can move without My consent. The Sun, Moon, planets and stars move in their orbits at My command. I, Myself am sporting everywhere in all these different forms.' This apparently impoverished-looking Self-realized Saint could make things happen at His mere will, with simply no one to stop Him. Vasishthaji says in the 'Yoga Vasishtha', "O Ramaji! Who in the three worlds has the audacity to disobey the command of a Saint?"

When the Hindus requested Sri Lilaramji, he slowly raised His head, looked at the *neem* tree, and ordered, "O *Neem*! Why are you standing here? Go and stand over there." The very next moment the tree started moving 'srr... srr...' along the ground and stopped some distance away from its original spot. The spectators were literally dumbfounded. No one had ever seen such a miracle before. Even the members of the Muslim community began to touch Sri Lilaramji's feet with great reverence. They too realized that He was indeed an accomplished and mighty Saint. They said to their Hindu brethren, "He is not only your saint, He belongs to all of us. From now on He is not Lilaramji but Swami Lilashah." (The suffix 'shah' is added to the names of Muslim saints of Sufi order.)

Since then, people forgot His original name - 'Lilaram', and began to address Him as 'Lilashah'. There are so many similar miracles that people have witnessed in His life. Swami Lilashahji left His mortal body at the age of 93 and became merged in Brahman forever. Even at the age of 93, all His teeth were intact. His speech was still quite powerful, firm and impressive. He regularly practised *Ísanas* and *prÍnÍyÍmas*. He remained a *BrahmachÍri* throughout His life and used to walk many miles a day. By His benign grace, childless couples were blessed with children, the poor became wealthy, and depressed people were infused with new enthusiasm for life. His guidance and grace paved the way to elevation for many spiritual seekers. The list of miracles attributed to His grace is quite endless and hence difficult to describe. But the secret of His greatness is not His miracles, but His stern abidance in Brahman.

Anyone can perform ordinary miracles with a little bit of practice. But Self-realization is a thing unique; much greater than miracles. It is the culmination of all *sÍdhanÍs*. I have already mentioned that mere preservation of semen doesn't constitute *brahmacharya*. It is only a means of attaining the true state of *brahmacharya*. If a man somehow manages to preserve his semen, but fails to keep his mind free from sexual desires, then he has not attained stern abidance in Brahman. However, *brahmacharya* does play a vital role in the quick attainment of Supreme Bliss. If one is able to preserve seminal energy and he meets a Self-realized Guru, he attains the goal leaving absolutely nothing else to be done. Such a *sÍdhaka* is able to practise *brahmacharya* effortlessly and in due course of time he becomes a *siddha*. Then even his gracious glance can turn a lustful man into a man of self-control.

Sant Jnaneshwara ordered the earthen platform on which he was sitting to move, and it started creeping. Similarly, Sri Lilashahji Maharaj told the *neem* tree to move and it moved from one place to another. Through *brahmacharya* and practice of yoga, man can awaken his true greatness.

Swami Vivekananda used to say, "The people of India are suffering in slavery only because they have forgotten their inherent will-power. 'What can we do?' Such negative thinking has weakened their will-power. A British child is full of self-confidence and self-esteem, for he is ever optimistic and hence successful. He thinks, 'I am English, the English ruled almost the entire world. I belong to that glorious race. Who can block my success? What is impossible for me? Nothing.' It is such positive thought alone that grants him success."

If a British boy can enhance his willpower merely by thinking about his glorious race, why cannot you do the same? 'I am the descendant of great sages and saints. I am born in the lineage of great men like Bhishma who steadfastly fulfilled their promise. The blood of King Bhagiratha, a man of great resolve and who brought the river Ganges from the heaven, flows in my veins. I am the descendant of the great Sage Agastya who once drank an entire ocean in a single go. I am born in India, the country where Lord Rama and Lord Krishna lived, where even gods cherish the ardent desire to take birth in. Therefore, how can I be poor or lowly? By cultivating self-restraint and concentration, I can achieve anything. Why should I consider myself to be poor and downtrodden when I am a descendant of the great sages who preached the message of immortality of the soul, divinity of man, and absolute fearlessness to the world? I will awaken my innate *samskÍras* of fearlessness. I shall become virile and strong.'

Every Indian child should make such steadfast resolutions.

Entertain the Mother Bhava Towards Females

Ramakrishna Paramahamsa used to say, "Whenever you come across a beautiful woman, try to visualize Ma Jagadamba (the 'Divine Mother') in her and contemplate, 'She must be a manifestation of Ma Jagadamba,

that is why she is so beautiful. She is the Divine Mother blessing me with Her *darshana*.' By entertaining such a Bhava, mentally bow to Her with reverence. This will keep your passion subdued."

मातृवत् परदारेषु परद्रव्येषु लोष्टवत् ।

'Consider all women outside your family as your mother and the wealth of others as a mere lump of soil.'

An Incident in Shivaji's Life

When the daughter-in-law of the fort commander of Kalyan was brought to Shivaji, he held aloft the same great ideal. He addressed her as 'Mother' and presented her with fabulous gifts before sending her back with full honours. Shivaji was a disciple of Param Guru Samartha Ramadasa.

Arjuna and Urvashi

When Arjuna physically ascended to heaven and visited the court of Indra, Urvashi, Rambha and other celestial maidens performed a dance to welcome him. Enamoured with Arjuna, Urvashi visited him in his mansion at night. She entreated him to engage in amorous sport with her. She presented a number of arguments to justify her request and assured him that no sin would accrue on that account. However, displaying a rare and resolute self-control, Arjuna said:

यथा कुन्ती च माद्री च शची चैव ममानघे । तथा च वंशजननी त्वं हि मेऽद्य गरीयसी ।।

गच्छ मूर्ध्ना प्रपन्नोऽस्मि पादौ ते वरवर्णिनि । त्वं हि मे मातृवत् पूज्या रक्ष्योऽहं पुत्रवत् त्वया ।।

"As Kunti, Madri or Shachi art unto me, so art thou, like my mother, an object of reverence to me. For thou art the mother of the Puru dynasty and thereby an embodiment of the Supreme Guru unto me. I prostrate at thy feet to take thy refuge. Please go back. Thou deserve my reverence as my own mother, and it behoveth thee to protect me as a son." **(Mahabharata - Vanaparvani Indralokabhigamanaparva : 46.46,47)**

Upon having failed in satisfying her lust through all her amorous advances and logical arguments, Urvashi was enraged. She cursed Arjuna to become an eunuch for one year. Arjuna accepted the curse, but did not break his vow of self-control. Even a curse is transformed into a boon for those who don't stray from their ideals and adorn their character with the virtues of patience and forbearance. Arjuna's experience was no different. When Indra learnt about this incident, he told Arjuna, "Thou hast now surpassed even the Rishis (Sages) by displaying such a high standard of self-control. On having obtained thee as her son, Kunti hath today become a truly blessed mother. The curse that Urvashi hath cast on thee will prove to be a boon instead. Ye will have, on earth, to pass the thirteenth year of exile remaining unknown to the outside world. This curse will stand thee in good stead, and thou shalt regain thy power on the expiration of that term."

And so it happened. For one year of exile Arjuna worked as a music and dance teacher to the princess of King Virata in his palace in the guise of a *danseuse*, and was thus freed from that curse. This is an excellent example of considering all women outside one's kin as mothers. A similar example occurs in the great epic 'Ramayana'. When Lakshmana, the younger brother of Rama, was asked to identify Sitaji's jewellery after she was abducted, he said, "I don't recognize the bracelets or ear-rings. I only know the anklets which I used to see when I worshipped Her holy feet." It was due to this attitude of beholding women as the mother that Lakshmana could observe strict *brahmacharya* for such a long period of time, and which alone enabled him to vanquish Meghanada whom even Indra, the king of gods, could not defeat.

This is a unique example highlighting the importance of *brahmacharya* and how it is observed by cultivating Mother *bhÍva*. Indian Culture bestows such a glorious stature to the mother, that the very sense of respect towards her protects one during moments of possible downfall. When a lady made coquettish advances towards Ramakrishna or some other saint or *sÍdhaka*, they would simply bring this Mother *bhÍva* in their mind towards the woman and thus escape the noose of depravity. This *bhÍva* helps keep the thoughts of lust at bay to a great extent. Whenever an impure thought arises in one's mind at the sight of a woman, he should become alert and make use of this Mother *bhÍva*.

Read Spiritual Literature

As one reads, so does his mind think. And it is verily one's thoughts that primarily regulate one's actions. Those who are in the habit of reading novels and stories that are filled with pornography and stir up passion and lust, cannot make any real progress in life. Their mind is ever engrossed in base lustful thoughts, and therefore they fail to preserve the seminal energy. Dirty literature excites the lower instincts. It has been heard that, influenced by the western culture, some depraved individuals arrange private shows wherein they show pornographic films. Such people not only destroy their own lives, but also the lives of those who come into contact with them. Such people are doing a grave injustice to women, young girls and adolescent children. Severe punishment in terrible hells awaits those who watch or show such vulgar films. They are bound to be born in lower life forms, or may even have to languish as worms dwelling in gutters. The Indian government and society should be always alert to save the innocent youth from falling prey to such rogues.

Children are an invaluable asset to the nation. Their failure to observe strict celibacy ruins them. If the children are spoilt, the nation is ruined. Therefore the youth should be severely protected against drug addiction, trashy literature and pornographic films. Children are the future of the country. It is our duty to see that the school children and college students are provided with books on self-restraint so that they can understand the glory of *brahmacharya*, and by its meticulous practice, can become brilliant and promising students. It is also a moral duty of the government to educate students on the subject of *brahmacharya* and help them to become brilliant.

Just go through the biography of any great person and you will invariably find that good literature has been the prime source of their inspiration. Emerson was a great American philosopher, and his disciple, Thoreau, practised *brahmacharya*. He wrote, "In the morning I bathe my intellect in the stupendous and cosmogonal philosophy of the Bhagvad Gita, since whose composition years of the gods have elapsed, and in comparison with which our modern world and its literature seem puny and trivial..."

F.H. Mollem, a renowned British scholar, has this to say about the Gita, "I have done a thorough study of the Bible, but the richness of knowledge that is available in the Gita is not found in the Old or the New Testament. My Christian faith notwithstanding, I revere the Gita very much, because the esoteric secrets that western scientists have not been able to unravel till date are lying revealed in a simple and lucid manner in the Gita. The Gita is replete with aphorisms delivering the transcendental message. For this reason the Gita has become a veritable personification of the Divine Mother to me. This is an invaluable treasure of India that no amount of money in the world can buy."

Indian spiritual literature had a tremendous influence on the mind of the famous journalist, Paul Brunton. It inspired him to visit India where he was blessed with the *darshana* of Revered Ramana Maharshi and other great saints. It was verily the patriotic literature that inspired and enabled the great jewels like Chandrashekhar Azad, Bhagat Singh and Vir Savarkar to dedicate their lives to the cause of national interest.

Therefore, the glory of good literature is beyond description. There are so many great spiritual books reflecting the glory of Indian Culture like the Yoga-Vasishtha Maharamayana, Srimad Bhagvad Gita, Upanishads, Das Bodh, Vivek Chudamani, Sukhamani Sahib, books by Sri Ramakrishna, Swami Rama Tirtha, etc. Make the study of such books an indispensable part of your daily routine. Books that deal with sensuous and vulgar subjects should be either thrown into a dust-bin or burnt to ashes. Not only should one strictly avoid reading such literature, himself, but should also ensure that it does not fall into the hands of others either.

Study of spiritual literature immensely helps in observing self-restraint and improving health. Now go ahead and bring into your life the excellent virtues of self-restraint, health and courage, along with the intoxicating Bliss and power of your Real Self - the Lord Supreme. Oh Brother! How long will you continue to feel miserable, insignificant and push yourself towards a wretched existence? Make it a routine to read a spiritual book in the morning after taking bath, i.e. before going to work or school, and at night, just before going to bed. The pure, sublime and elevating thoughts of the book will keep reverberating in your mind, thereby safeguarding you from base thoughts.

Also make it a point to wear a loin cloth which will keep the testes healthy and help preserve the semen. Do not look at nude pictures and obscene posters which ignite passion. Also make sure that you leave the place where lascivious songs, poems, vulgar film songs, and pop music or disco music is sung or played.

Miracles of Preserving the Seminal Energy

Supremely great powers lie latent in each and every cell of the semen. Great spiritual masters like Adi Shankaracharya, Mahaveera, Sant Kabir, Guru Nanak, etc., as well as great warriors, ingenious scientists and fascinating writers, were all born from this seminal energy. Even in the future, geniuses will continue to be born through this seminal energy. One, who does not conserve his seminal energy and instead wastes it for momentary sensual pleasure, only paves the way to his own doom.

वीर्यं वै भर्गः । 'Semen is verily brilliance, radiance and effulgence.' **(Shatpath Brahman).**

Semen is an extremely valuable energy that is vital for one's true uplift in life. Here are some examples that amply prove the unparalleled importance of preserving semen.

Grandsire Bhishma and Brave Abhimanyu

There are two episodes in the Mahabharata regarding the observance of *brahmacharya*. One involves Grandsire Bhishma and the other, Abhimanyu. Grandsire Bhishma was a *BÍla BrahmachÍri*, i.e. a life long celibate, which made him a man of boundless strength. Lord Krishna had taken a vow that he would not take up any weapon during the war. But against the vigorous power of Bhisma's *brahmacharya*, Lord Krishna was compelled to break his vow. When Arjuna, although armed with so many celestial weapons, could not withstand Bhishma's powerful onslaught, Lord Krishna was forced to pick up the wheel of a chariot and run menacingly towards Bhishma to protect Arjuna. Later on, it was again by virtue of *brahmacharya* alone that Bhishma could conquer even death. When his entire body was pierced with arrows, his survival was practically impossible. But

how could the God of Death take Bhisma's life without his prior consent! Bhishma himself chose the propitious moment to leave his mortal body.

The second episode is regarding Abhimanyu. Arjuna's brave son, Abhimanyu, single-handedly broke into the strategic fortification of Kauravas called Chakravyuha. Even Bhima, the General of the Pandava army was left far behind. Despite having been surrounded by the great warriors of the Kauravas, Abhimanyu fought all alone with great bravery wielding a wheel of a chariot. However, Abhimanyu was eventually killed because he had sowed the seed of the Pandava dynasty before proceeding for the fateful battle. Due to this infringement of *brahmacharya*, he could not conquer death like Grandsire Bhishma.

The Reason Behind Prithviraj Chauhan's Defeat

The valiant Prithviraj Chauhan, an embodiment of strength and vigour, was defeated in the second battle against Mohammed Ghauri, although he had achieved a glorious victory against him in all their previous encounter. Why so? It is said that he had spent the night with his wife before going to the battlefield. ('The Complete Works of Swami Rama Tirtha' Volume - IV, p.-61) Thus, how perilous the outcome of wasting one's seminal energy can be! Mohammed Ghauri later blinded Prithviraj by piercing his eyes with hot iron bars.

The heroic feats of Mahavir Hanumana, the great devotee of Lord Rama, are famous as well - flying across the ocean; making his way out of Ravana's court; setting the city of Lanka on fire; knocking Ravana unconscious with a single blow; fetching a whole mountain lifting it with one hand, for the Sanjivani herb, etc. He could do all this solely by virtue of the power of *brahmacharya*.

Napoleon Bonaparte, the mighty emperor of France, said, "The word '**Impossible**' is not in my dictionary." Yet he was defeated in the battle of waterloo. One of the reasons for his defeat was that he had, 'spilt his white blood' before going to the battle. In the Bible, Samson has been described as an ideal of courage and bravery. But once he got attracted to an enchanting women, all his bravery and heroism vanished in no time.

Swami Rama Tirtha's Survey

When Swami Rama Tirtha was a professor, he had drawn a list of successful and unsuccessful students which brought him to the conclusion that those students, who were engrossed in base pleasures during the examination days or immediately before the examination, were often unsuccessful - even though they were considered to be good students in the class. On the other hand, all those students whose minds were pure and focussed during the examination days, were successful.

A survey conducted in the colleges of Britain's world famous 'Cambridge University' also gives a warning to unrestrained students. Accordingly, those colleges in which the students led an unrestrained life overindulging in promiscuity, showed poorer results compared to those in which the students were more restrained. To control sexual desire is a Herculean task. That is why Manu Maharaj states, "One should not sit even with his own mother, sister, or daughter in solitude. The sense organs are not easily controllable and may lead to the downfall of even wise people."

Vital Truths

I would especially like to address the youth, as this is the section of society that will lay the foundation of a positive future for our nation. The youth of India who used to remain engaged in the all round development of the nation, while at the same time making earnest efforts towards seeking answers to their spiritual queries, are today simply wasting their invaluable life in the mad gratification of base sexual desires.

Sexual energy is not a curse but a boon bestowed by God upon human beings. When this sexual energy develops in the adolescence, it fills the youth with so much vigour and self-confidence that he feels he can achieve anything and everything in this world. But the majority of today's youth fall prey to the vices of masturbation and nocturnal emission.

The Evil Effects of Masturbation

Such bad habits divest the youth of their power to retain the vital energy, leading them fast towards impotency. Their eyes become weak and lustreless, while their face is devoid of radiance. A little strenuous work makes them weary. A kind of darkness envelopes one's vision and excessive weakness causes dizzy-spells. The will-power is weakened as well.

The youth who observes self-restraint during the age of 17 to 24 years, develops a strong willpower and a keen intellect. He is able to maintain his energy, vigour and zest for the rest of his life. However, the youth who wastes his seminal energy even before reaching the age of 20, becomes disheartened and demoralized, and his intellect is stunted for the rest of his life. I would like the youth to learn some proven techniques of preserving this vital fluid. The ordinary aids for the observance of *brahmacharya* like fasting, diet-control, etc. give only temporary benefits, as has been proved through extensive research studies.

An Experiment Done in the USA

This experiment was conducted at an American school of science. 30 students were given no food for a period of time, during which their libido remained subdued. But when they were given food their libido increased again. This shows that fasting provides only temporary benefits in the observance of *brahmacharya*.

Ignorant people adopt foolish methods to control their lust. Some of them put on an iron or brass-loin-cover. They are known as *SikadiÍ BÍbÍs*. Some others even amputate their organ of reproduction, only to repent afterwards. They must first understand that lust exists in the mind. The organ of reproduction is only a medium of its expression. A tree cannot be destroyed by merely plucking its flowers and leaves. This is only an example of the foolish methods adopted by ignorant people in the absence of proper guidance.

Suppression or Sublimation?

Suppression of the sexual power is not the right way to control sexual desire. The solution lies in sublimating this sexual energy to attain the Supreme Bliss. One who has mastered this art becomes the master of all trades, while one unaware of this art, be he a multi-millionaire, scholar, powerful leader or world renowned person, is only doomed to die in the end without realizing his Real Self.

A master of this art, Buddha, used it to transform a ruthless murderer called Angulimal into a monk of the Buddhist order. Before his transformation, Angulimal used to slay people, cut off one of their fingers, and add this to his garland thereby keeping a count of his victims.

Such great sages possess that yogic power of transforming even a lustful person into a self-restrained *sÍdhaka*. On having attained the grace of *shaktipÍta*, one does not have to fight lust, *brahmacharya* becomes a natural way of life for him. I know people who do only little penance or *japa* and yet they are highly revered. This is a direct result of self-restraint observed by them. Then there are also people who perform a lot of penance and *japa* for years together, yet do not possess a charismatic personality. In all likelihood, knowingly or unknowingly, their sexual energy has been wasted.

A SÍdhaka's Experience

A *sÍdhaka*, whom I shall not name, confided to me, "Swamiji, earlier I was unable to stay away from my wife even for a single day, as I was extremely obsessed with sex. But now, by virtue of Your grace, I do not indulge in sex for months together as lust does not overcome me any longer."

Experience of Another SÍdhaka

Another gentleman visits the ashram regularly. I came to hear of his wife's complaint. She does not only avoid coming here herself, but also keeps requesting others, "Please stop my husband from visiting the ashram." But why would one stop anybody from visiting an ashram? The reason she gave to others was, "Swamiji has cast a magic spell on my husband. Previously we used to sleep together on the same bed. Now he sleeps on a separate bed. It was far better when he used to go to the movies, spend time with his former loafer friends and behave normally! Then at least he used to follow my dictates, but now..."

How unfortunate it is for mankind! She seemed to imply, 'It does not matter if my husband becomes wretched and his life is ruined. All that matters is that he should be under my control. He should remain a puppet in my hands.' This is the actuality of worldly love. It hardly contains even 5% of real love, while the remaining 95% is lust and attachment. Thus attachment, in the guise of love, continues to lead us towards downfall and degradation without even our knowing it.

Is It a Miracle?

Brahmacharya is the path of elevation. In the above case, Swamiji did not cast any magic spell on the man. That man received the grace of yogic power from Swamiji, which sublimated his sexual desire through the experience of the inner joy of meditation. After tasting the real nectar, who would like to taste the filthy drain water which deprives one of his lustre? How can one be ever so foolish as to hanker after the disgusting and degrading sexual pleasures after experiencing the pure and sublime bliss of *brahmacharya*?

This might appear to be a great miracle to ordinary people, but it is nothing of the sort. It is merely child's play for those saints who are well-versed in the science of Yoga and remain ever intoxicated in the ecstasy of Self Bliss. The science of Yoga is subtler and more powerful than physical science. The observance of *brahmacharya* becomes an easy task for one who avails himself of the holy company of such an accomplished Saint, whereby he does not need to exert any extra effort for attaining it.

How to Avoid Masturbation & Wet Dreams?

If one has the bad habit of masturbating or suffers from wet dreams, and is indeed serious about getting rid of the problem, he must first get rid of the very idea that he has this evil habit or problem at all. One should one be unduly worried about whether or not he will be able to regain his health. It is better for him to think positively and be confident of his ability to overcome such evils.

Always Remain Cheerful

Let bygones be bygones. You only aggravate a disease by brooding over it. Let no weak thoughts enter your mind. Be always of good cheer. Do not be worried about the sexual energy wasted in the past. Rather, gird up your loins to make sincere efforts towards preserving your seminal energy from now onwards. **Remember,** the seminal energy is not to be suppressed, but to be sublimated. Generally, people fail to utilize the seminal energy properly. Hence, we shall discuss a few efficacious measures to sublimate this energy.

Sublimation of Seminal Energy

Sublimation of sexual energy does not mean making the semen flow from the testicles towards the brain, a fact which has confused many people. It means the sublimation of a bio-electric energy which activates the semen. There is no such duct or vein through which semen can flow upwards in that manner. Hence, while there is no question of the semen going upwards, the loss of semen is caused by the downward flow of this bio-electric energy.

Therefore, when a man looks at a woman clad in provocative clothes, or visualizes the body of a woman, this bio-electric energy flows downwards to the *MoolÍdhÍra Chakra* and activates the sexual centre causing the ejaculation of semen. Consequently the person ends up wasting his sexual energy. Yogis and *Tantriks* were well aware of this subtle reality. General physicians and biologists do not comprehend it, and hence even with their sophisticated medical equipment they fail to cure a number of serious diseases whereas we have seen and heard of so many cases wherein yogis have cured diseases merely by casting a glance, or through their benign blessings.

You may not become an accomplished Yogi by achieving complete sublimation, but you can of course learn and practise the following simple techniques to conserve your vital energy.

First Technique

When the sexual-system of the body is stimulated, ejaculation of semen takes place. the following method checks this undesired stimulation quite effectively.

Whenever a sexual desire arises in the mind and your attention moves towards the genital organ, be alert and quickly contract the genitals in towards the belly just like the piston of a pump while focusing your attention on the genital organ. This is called *yoni mudrÍ.* Then shut your eyes. Meditate, 'Now I am looking from the base of the sexual centre up towards the *sahasrÍra chakra*.' Seminal energy has the tendency to flow towards the point (organ) where the mind is focused. If you focus the mind on the *sahasrÍra chakra*, the bioelectric energy which would have otherwise been instrumental in causing ejaculation by activating the *moolÍdhÍra chakra*, will be sublimated towards the *sahasrÍra chakra* and transmuted into *ojas*. But beware! If the mind still desires sexual pleasure during this experiment, then you will not succeed in preserving your seminal energy. But if you practise this for a few days with discrimination and a strong will, you will begin to get the rewards before long. You will clearly experience that even though the sexual desire came with the force of a storm, it subsided within a few seconds once this technique was applied.

Second Technique

Whenever a strong sexual desire arises, apply *moolabandha* and *uddiyÍnabandha*, then exhale all the air from your lungs and hold the breath out. The more you can exhale the better. By repeating this technique two to three times, your passion will subside and you will be saved from an impending seminal discharge.

Although this technique appears to be simple, it is a very important Yogic manoeuvre. The air inhaled in the process of normal breathing pushes the bio-electric energy downwards. When this air is forcefully exhaled, it fails to activate the sexual centre at the *moolÍdhÍra chakra*. Moreover, the subsequent contraction of the belly and the navel creates a vacuum in the stomach, and the energy accumulated around the sex-centre rushes towards the navel to fill this vacuum. Thus there is no more energy left to activate the sexual centre and thereby ejaculation is prevented.

This technique can be practised at any place and requires no extra expenditure. Moreover, it can also be practised regularly even if there is no sexual stimulation. It provides excellent benefits. The digestive fire is stimulated, abdominal disorders are cured, life becomes effulgent and the seminal energy is naturally preserved.

Mantras Helpful in Observing Brahmacharya

'ॐ अर्यमायै नमः। *ॐ aryamÍyai namaÏ*' - By doing *japa* of this mantra of Lord Aryama with full faith, one can save oneself even in the midst of debased circumstances and people. A number of people have testified to the efficacy of this mantra. Both men and women can make use of this mantra by doing its *japa* with implicit faith in order to guard against sensuous tendencies that often push them into the dark pit of depravity.

Before one goes to sleep, one should do *japa* of this mantra 21 times and write the name of one's mother (with a finger) on his pillow (without ink). This saves one from filthy dreams, the prime cause of nocturnal emissions.

Ayurvedic Choorna for Brahmacharya

You can prepare this ayurvedic *choorna* at a very nominal cost. Take some dried *ÍmlÍ*, and after removing their seeds grind them into a powder. Readymade *ÍmlÍ* powder is available in the market as well. Mix one part of the *ÍmlÍ* powder with two parts of powdered sugarcandy.

Take one spoonful of this powder with water, half an hour before going to bed. This powder thickens the semen and relieves constipation. It restores the balance of *vÍta*, *pitta* and *kapha* in the body, besides promoting self-restraint. This *choorna* is beneficial to even those who are not suffering from nocturnal emission.

Use of Gum

Soak 6 gm of gum of the *khair* tree (*Acacia catechu*) in water overnight. In the morning, take this soaked gum on an empty stomach. If this causes loss of appetite, take a few slices of ginger with lemon juice before lunch.

Tulsi (Basil: Ocimum Sanctum): A Wonder Drug

Victor Resin, a French doctor, has stated, "*Tulsi* is a wonder drug. Through elaborate research carried out on *tulsi*, it has been proved that *tulsi* is extremely beneficial in regulating blood pressure, the digestive system, and also in alleviating erythrocytocis and mental disorders. It has anti-pyretic and anti-malarial properties, and increases blood cells in the body."

Besides curing various diseases, *tulsi* facilitates maintenance of *brahmacharya* and phenomenally improves the memory power. *Tulsi* is an excellent *rasÍyana*, a medicinal composition that strengthens the body and delays the onset of old age. It restores the balance of *vÍta*, *pitta* and *kapha* and thereby helps cure many ailments caused by their imbalances. It is very useful in cases of blood disorders, flatulence, cough, worm-infestation, etc. It is said to be very good for the heart as well.

Crush some *tulsi* seeds, into a powder and keep it for regular use. Soak in water ½ to 1 gm of the powder overnight. Take it with water in the morning on an empty stomach. Most diseases are caused by the imbalances of *vÍta*, *pitta* and *kapha*, and *tulsi* seeds cure disorders of all the three humours. So by taking *tulsi* seeds, you will prevent ailments caused by the imbalances in the three body-humours and even prevent cancer, etc. Use of *tulsi* seeds will tone up the appetite and help improve your health in many ways. It has a direct relation to preservation of semen. You can take *tulsi* seeds as long as it suits your constitution.

Padapashchimottanasana

Benefits: Practice of this *Ísana* purifies the nerves, which helps enhance one's working capacity and cures many diseases. Various physical disorders like indigestion, constipation, common cold, acute coryza, productive cough, backache, hiccups, leucoderma, urinary diseases, wet dreams, seminal disorders, appendicitis, sciatica, urethritis, *jaundice*, insomnia, asthma, *hyperacidity*, nervous debility, uterine disorders, menstrual irregularity, impotency (sterility), blood related disorders, stunted growth and many other diseases are cured by this *Ísana*.

Padapashchimottanasana improves the height and structure of the body. It reduces excess fat (if any), and makes a weak body strong and well-built. It is a special boon given by Lord Shiva for those interested in practising *brahmacharya*. Formerly propagated by Lord Shiva, this *Ísana* was later popularised by Yogi Gorakhanatha.

Initially, one should do this *Ísana* for 30 seconds and then gradually but steadily increase the period up to 15 minutes. In the initial few days this *Ísana* may seem difficult, but it becomes easy with practice.

Method: Spread a woollen mat on the floor and sit on it with the legs extended out together. Hold both the big toes with the index fingers, and bend forward while trying to touch the forehead to the knees by bending from the waist. The knees should remain flat on the ground. If the knees bend a little in the beginning, it does not matter. Only by regular practice can this *Ísana* be perfected. Avoid too much exertion while doing this *Ísana*. One should eat one or two green lady's fingers after 15 minutes of performing this *Ísana*. Apples too are beneficial.

Padangushthasana

In this *Ísana* the whole weight of the body rests only on the big toe (Padangushtha), hence the name Padangushthasana. The *Ísana* being significant from the point of view of protection and sublimation of the sexual energy, should be practised by one and all, especially children and youths.

Advantages: It is best for the observance of life-long celibacy, regulation of the spermatic duct (*seminalis vesiculae*), control of the mind, and transmutation of the sexual energy into *ojas*. It keeps the brain healthy and quickly makes the intellect sharp and stable. It is beneficial to both healthy and ill people.

Medical benefits: Especially beneficial in wet-dreams, diabetes mellitus, impotency and all spermatic anomalies.

Method: (1) Sit on the toes. Place the left heel right in the centre of the perineum – the space between the anus and the generative organs. (2) Support the body by keeping the fingers of both hands on the ground and place the right foot over the left thigh. (3) Balance the whole body on the toes (especially the big toe) and place the hands on the sides of the hips or keep them in the pose of namaskara. In the beginning, for a few days you

can take the help of a support. Keep the back straight and the body steady. Breathing should be normal. Eyes must be fixed on some point straight in front of you while concentration should be on keeping the body in balance. (4) Repeat the exercise using the other foot as well.

Duration: Initially, 30-60 seconds on each foot. Duration can be gradually increased while maintaining equal timing for both the feet.

Precaution: Make no haste in coming to the final stage; increase the practise gradually. This *Ísana* can be practised 2-3 times anytime of the day but not immediately after meals.

Yogic Exercise for developing the mind and will power

Advantages: Regular practice of this exercise nourishes the neurons or nerve cells. Just below the place where the sacramental lock of hair is kept, lies the centre of intelligence in the shape of a cow's hoof. This exercise particularly affects this centre, thereby leading to the development of intellectual faculties and concentration power.

Method: Stand erect. Keep your fists closed with the hands touching the body. Move your head backwards and look towards the sky. Practise 25 deep inhalations and exhalations in this position before coming back to the normal position.

Yogic Exercise for developing the intellect

Advantages: Regular practice of this exercise develops the intellect.

Method: Stand erect with fists closed and hands touching the body. Close your eyes and bend your head forward so as to press the larynx (Adam's apple) lightly with your chin. Practise 25 deep inhalations and exhalations. Come back to the normal position.

Note: Mentally repeat 'ॐ' while inhaling and count while exhaling.

Remember: Every exercise should be practised in the morning on an empty stomach. Begin with 15 times bellows breathing and gradually increase to 25 times.

Our Experiences

The Miracle of Having Darshana of a Saint

"Earlier overindulgence in sex was my only means of enjoyment. I had already been married twice before. Then after my second wife died, I was again all set to marry an 18 year old girl at the age of 55. But prior to the marriage, I visited Deesa Ashram to seek the blessings of Swami Sri Lilashahji Maharaj. When I reached the ashram, He was not present. But the Saint whom I met there virtually changed the future course of my life. His eyes were shining so brilliantly with yogic power that I was unable to stare at Him for long and my eyes automatically went down towards His holy feet in sheer reverence. His *darshana* extinguished the fire of passion in me and my sexual craving disappeared. I came back home and informed my family members about my loss of interest in the marriage. They locked me up in a room with my would-be bride in the hope that this might make me change my decision. In the closed room I adopted a variety of means to arouse my libido but all in vain. It was as if the key to my sexual urge was left with that Saint. A young woman and a man locked in a room by themselves, is like keeping fire and petrol in the same place, and yet…!

"From then onwards, I resolved to remain under the protective wings of that Saint's grace, come what may. What He has done for me can never be repaid even if I offer Him all my material wealth."

- Late Mahant Shri Chandiram (formerly Chandiram Kripaldas)

Comments of some students benefitted from reading 'Yauvan Suraksha'

My Lust was Transformed into Devotion

My vision became sanctified by reading 'Yauvan Suraksha' ('The Secret of Eternal Youth' in English) published by the ashram. Beforehand, I would become lustful at the sight of women and girls of my age, but after reading this book I came to know that, 'a woman is not an object of satisfying one's lust, rather, she is a power, a life long companion who fills the life of a man with pure love and sublime feelings.' Really, after reading this book 'Yauvan Suraksha', my lust has been transformed into devotion. **-Makwana Ravindra Ratibhai M. K. Jamod High School, Bhavnagar (Gujarat)**

'Yauvan Suraksha' is an Invaluable Gift for Today's Youth

First of all let me express my heartfelt gratitude towards Pujya Bapuji and Shri Yoga Vedanta Seva Samiti.

'**Yauvan Suraksha**' is an invaluable gift for today's youth, and this book is a perfect guide for young men. Preservation of semen is very difficult for the youth of today, but after reading this book, it becomes very easy. '**Yauvan Suraksha**' motivates the youth to be young in real terms. I read the article 'Our Experiences' in this book, and realized how true it is that meeting a Saint can inspire one towards preserving his seminal energy. I belong to scheduled caste. I used to eat meat, fish, garlic or onion, etc., but after reading '**Yauvan Suraksha**' I developed abhorrence towards non-vegetarian foods. Then I read this book quite a number of times and now it is

impossible for me to eat non-vegetarian foods. It has greatly influenced my mind. This book simply brings prosperity into a man's life, and gives him the inner strength to preserve his seminal energy.

'**Yauvan Suraksha**' is an invaluable gift for today's youth. This book is a great inspiration for today's young men who start to fritter away their sexual energy at an early age of 16 to 18 years, and thereafter live a miserable life devoid of will-power and vitality. They become a veritable nuisance for themselves, as well as for others. Verily, semen is the lustre of the body; the prime energy which is unwittingly frittered away by the youth. '**Yauvan Suraksha**' is a great help in showing them the best way to proceed towards a respectable life. All young men and women must read this book five times as instructed by Pujya Bapuji. It has helped me a lot.

- Nilesh Rathod

'Yauvan Suraksha' is not a Book, It is an Educative Scripture

'**Yauvan Suraksha**' is not a book, but an educative scripture that inspires us students to live a life of self-restraint. Really, by reading this great book, we receive miraculous inspiration and enthusiasm. I have read many such things in this book that hardly anybody can ever teach or explain to us. No other book has given me such an insight. I bow to those who have been instrumental in the distribution of this book among the masses. And I extend a thousand salutations to the Holy feet of the great Divine Personage whose inspiration and blessings brought this book into existence.

- Harpreet Singh Avtar Singh, Class-9, Government High School, Chandigarh.

By Virtue of Brahmacharya

None has attained fame in this world without *brahmacharya*;
By virtue of *brahmacharya* had Parashurama 21 times the earth conquered,
By virtue of *brahmacharya* had Valmiki, the Ramayana, authored.
No one could ever enjoy life in this world without *brahmacharya*;
By virtue of *brahmacharya* did Lord Rama get a bridge across the ocean built,
By virtue of *brahmacharya* was Meghanada by Laxmanaji killed.
Dependent they all become who do not practise *brahmacharya*;
By virtue of *brahmacharya* did Hanumanaji burn Lanka to soot,
By virtue of *brahmacharya* had Angadji fixed to the ground his foot.
Everyone has suffered ignominy in this world without *brahmacharya*;
By virtue of *brahmacharya* Alha-Udal did 52 forts conquer.
In the battle field did he rout even Prithviraj, Delhi's emperor.
It is naught but poison in this world for one who does not practise *brahmacharya*;
By virtue of *brahmacharya* did Grandsire Bhishma on a bed of arrows lie,
By virtue of *brahmacharya* did the brave Shivaji make the Mughal forces cry.
All the six tastes have we tasted in the bliss of *brahmacharya*;
By virtue of *brahmacharya* did Ramamurti smash a stone against his chest bare,
Broke an iron chain and stopped a motor car pair.
In *brahmacharya* alone is there life, everything else in this world is but strife.

Quotes from the Scriptures

King Janaka said to Shukdevji: तपसा गुरुवृत्त्या च ब्रह्मचर्येण वा विभो ।

"A student should study the Vedas, perform penances, dutifully serve the Guru and observe *brahmacharya*." **(The Mahabharata – Mokshadharmaparva: 326.15)**

संकल्पाज्जायते कामः सेव्यमानो विवर्धते । यदा प्राज्ञो विरमते तदा सद्यः प्रणश्यति ॥

. "Lust originates from will or resolve. Indulgence only strengthens it. When a wise man resolutely turns away from lust, it disappears and dies then and there."

- The Mahabharata –Apaddharmaparva (163.8)

"O King (Yudhishthira)! Know that in this world there is nothing that cannot be attained by one who remains from birth to death a perfect celibate... In one person, knowledge of the Vedas, and in another, perfect celibacy - of these, the latter is superior to the former who is wanting in celibacy. -

Grandsire Bhishma

"These sexual propensities, though they are at first like ripples, gradually acquire the proportions of a sea on account of bad company. Do not listen to talks about women."

- Devarshi Narada

"Whenever the mental image of a woman crops up in your mind with evil thoughts, repeat mentally, 'ॐ दुर्गादेव्यै नमः । *ॐ durgÍ devyai namaÏ*' and do mental prostrations."

- Swami Sivananda

"And those students who find that world of God through chastity, theirs is that heavenly country; theirs, in whatever world they are, is freedom."

- The Chhandogya Upanishad

"A wise man should avoid married life as if it were a burning pit of live coals. From the contact comes sensation, from sensation thirst, from thirst clinging; by ceasing from that, the soul is delivered from all sinful existence." **- Gautam Buddha**

A rishi of Maharishi Bhrigu's lineage once advised a prince of King Janaka's dynasty: मनसोऽप्रतिकूलानि प्रेत्य चेह च वांछसि । भूतानां प्रतिकूलेभ्यो निवर्तस्व यतेन्द्रियः ॥

"If you seek in this world and in the other world what is ever agreeable to your mind, then maintain complete restraint over your senses and abstain from doing what is against the interests of all creatures." - **The Mahabharata : Mokshadharma Parva : 309.5**

How to Ward off Anger

Lust, greed, attachment, pride and anger are the inner enemies which rob one, of the treasure of Self Bliss. And even among these, anger is the most detrimental to *sÍdhanÍ*. Some belongings may still remain even after a robbery is committed in a house, but if a house catches fire, then everything is reduced to ashes leaving nothing behind whatsoever. In the same way, the thieves of greed and attachment destroy only some of our virtues, but the fire of anger reduces our entire treasure of *japa*, *tapa* and virtues to ashes. Therefore beware of anger. It is alright to act angrily, but be ever alert not to let it possess you.

Do not eat hurriedly. Take at least 25 minutes to chew and masticate the food properly. Eat *sattvic* food. Avoid garlic, red chillies and fried foods. If you are faced with a situation in which it is difficult to ward off anger, then instantly press the tips of the fingers onto the fleshy part of your palms, making a fist. Your anger will subside within seconds. Take a drink made from 10 grams of honey, a few *tulsi* leaves and a little bit of *Santkripa choorna* thoroughly dissolved in a glass of water. This helps enhance your cheerfulness. If the *choorna* or *tulsi* are not available, honey alone will do. Those suffering from diabetes should not take honey. They can, instead, take grapes and raisins, which are absolutely harmless and highly invigorating for diabetics.

The spiritual prowess attained through one month's *sÍdhanÍ* is destroyed in a single fit of anger. Therefore, O my beloved brothers! Be careful. Do not waste your priceless life in frequent fits of anger.

PIOUS QUOTES

It was for Showering the Blessings of Peace, Health and Happiness that the Divine Incarnation of Pujya Bapuji had Taken Place

"For a long time now, I have been intimately acquainted with my extremely dear friend Sri Asaramji Bapu. In order to lead a happy and contented life, it is necessary to have good physical health and peace of mind. It was for showering the blessings of peace, health and happiness that the divine incarnation of this great saint had taken place. Bapuji, my beloved friend and clearly the foremost among the present day saints, has ceaselessly travelled day and night guiding Hindus, the common people and in fact the whole world towards salvation, enlightening them on various subjects through *satsang*, *bhajans*, and *kirtans* etc. I was suffering from a sore throat and He immediately prescribed a remedy. This way His whole life has been dedicated to the cause of promoting robust health and mental peace amongst the masses. They are indeed blessed who carry out the divine endeavour of bringing people to *satsang* in the holy company of Bapuji."

- Jagadguru Sri Jayendra Saraswatiji Maharaj (The Sankaracharya of Kanchikamkoti Peetha)

'Every One Who has Lost Hope Needs Asharamji'

"Today I have been blessed with the *darshana* of highly respected and revered Sant Sri Asaramji Bapu who has elevated millions of hearts, and bestowed peace to millions of souls. I have been filled with a great sense of fulfilment by having the *darshana* of such a great, learned sage. How can I ever skip the opportunity to have *darshana* of that great soul, established in Divine Consciousness, who has reinstated dharma, culture, spirituality and the sublime Indian traditions back into this land with full force. It is therefore that I am feeling blessed and fulfilled coming to this place. His affection towards me is in itself a blessing. The elders are always affectionate towards the youngsters. I have come here especially to seek His blessings.

"It is my understanding that probably every individual is dejected and frustrated with life and he needs the blessings of Asharamji (Asha = hope, Rama = the Lord), the Lord of hope. If some day the nation scales great heights and becomes prosperous and well developed, it will be solely through our ancient traditions, and moral values and ideals, the awakening of which will be possible only by becoming Asharam, i.e. by becoming supremely hopeful. Therefore, revered and adorable Maharaj Sri 'Asha' ramji is the crying need of the whole world. With prayers at the holy feet of Bapuji for His guidance, that he may keep showing us the way and we may keep following His footsteps and sure enough we shall reach the goal as well. I pay my obeisance at His holy feet once again!" **- Sri Ramadevaji Maharaj, the Famous Master of Yoga.**

Bapuji is an Ever New and Ever Increasing Reservoir of Bliss

"I have been privileged to have *darshana* of highly revered Bapuji earlier as well. His pious *darshana* reminds me of the sloka - 'दिने-दिने नवं-नवं प्रतिक्षण वर्धमानम्' i.e. Bapuji is an ever new and ever increasing reservoir of Bliss, which I am naturally experiencing right now. Many obeisances at His holy feet."

- The Famous Religious Story teller Sant Shri Morari Bapu.

Satsang On Self Knowledge: The Fruit of Past Virtues and Divine Grace

"A human birth is attained only through the grace of God. The desire for liberation is attained through His supreme grace. Only when God's supreme grace is coupled with religious merits accumulated over a number of past births does one get to listen to the divine *satsang* on Self Knowledge, as rendered by revered Sant Sri Asaramji Bapu." **- Renowned Religious Story teller Ms. Kanakeshwari Devi**

Bapuji's Company is akin to the pious stream of the Holy Ganga

"I am immensely delighted, exhilarated… blissful… and ecstatic… sitting in the pious vicinity of Pujya Bapuji on the holy bank of the rippling Ganga. The Ganga is the *sushumna nadi* of India. It is the *sanjeevani(life giving herb)* of India. The Ganga, emanating from Lord Vishnu's feet, and making its way through the '*Kamandalu*' of Lord Brahma to the tufted hair of Lord Shiva, is a bestower of perfection in the triple path of yoga. She, having emanated from the feet of Lord Vishnu, gives a glimpse of devotion, and being situated on the head of Lord Shiva, inspires one to become established in the higher stage of *Jnana Yoga*. Today, while listening to Pujya Bapuji's discourses, it appears to me that I am taking a dip in the holy Ganga, because His discourse and His company is like the pious stream of the Holy Ganga.

"He is a God-intoxicated saint, very natural and spontaneous. He is very simple externally, yet inside He is very occult. He has the loftiness, the piety and excellence of the Himalayas, and solemnity like the depths of the sea. He is an invaluable asset to the nation. His pious *darshana* reminds us of the great tradition of our ancient rishis. In Him, we can have glimpses of saints like Gautam, Kanaad, Jaimini, Kapil, Dadu, Meera, Kabir, Raidas, etc.

'He is the real Satguru, who can reveal the form of Formless to the vision of these eyes:
The infinite dwelling of the Infinite Being is every where: in the earth, water, sky and air:
Firm as the thunderbolt the seat of the seeker is established above the void.
He is the real Satguru…'

"We are sitting in such a rare, pious company which establishes one effortlessly in yoga. It is for such saints that someone has aptly remarked:

'*When you move, the earth, the sky and the whole universe move…*'

"When such a great man moves, the sun, the moon, the stars and the planets naturally become favourable to him. When we sit near the pious feet of such a saint, who is beyond the senses, beyond the three qualities of Nature, transcendent, beyond description and beyond all states of consciousness… the Bhagawata Purana says, साधुनां दर्शनं लोके सर्वसिद्धिकरं परम् । 'In this world, the *darshana* of saints endows one with all accomplishments.' Just by having the pious *darshana* of a saint one is blessed with discrimination, manifestations of divine power, learning, strength, spontaneity, non-attachment to sense objects, cheerfulness, *siddhis* and Self Bliss.

"All the great saints of India are naturally drawn to this place. Also, all Shankaracharyas of India come to this place. Therefore, it naturally occurred to me that I too should go to the place where all go, for this verily is the place where one can get one's ego erased. The *darshana* of such great saints not only blesses one with joy and bliss, but also grants all one desires, cherishes and aims to get. Here I am seeing in their completeness, the noble virtues of compassion, industriousness, discrimination, dispassion and knowledge embodied in just a single human form. If today the holy Ganga is seen with a form, it is in the form of thoughts and eloquence of Pujya Bapuji. This is the large pandal, where I find blissfulness, spontaneity, loftiness, excellence, piety, the purity of a pilgrim center, as well as the child like simplicity, the vigour of the youth, the serenity of the elderly and the enlightened state of a Rishi. What should I call it – the city of bliss or the city of Love, an ocean of compassion or a sea of sublime thoughts? But one thing I must say, is that every chamber of my heart is enraptured. All of you are greatly fortunate that you are sitting at the holy feet of such a great soul, where one's fortune is made and divine personality is developed. This is the place, where you can attain the true fulfilment of life.

'*With the attaining of You, I attained the goal of life, the objective and the purpose.*
***Without attaining You, the goal, the objective and the purpose –all are unattained.*'**

"I am astonished and at the same time enraptured seeing your realm of Love and sublime sentiments. In my opinion, Pujya Bapuji is the Sun of everybody's Soul. Please accept my salutations so that I may be blessed with an ever-increasing and unflinching devotional faith in You." **- Swami Avadeshanandji, Haridwar**

The Magic of the Lord's Name

"The largest number of people come to listen to Sant Sri Asaramji Bapu. The reason is that He possesses the magic of the divine name, guileless behaviour, sweet affectionate eloquence, and on top of all, the answers to the fundamental questions of life." **- Leading Ascetic, Shri Vamdevji Maharaj**

"Swami Asaramji Bapu gives us the outlook to eradicate delusion."

- Yugpurush Swami Parmanandji Maharaj

"Sri Asaramji Maharaj possesses such power, that through merely casting a glance, he paves the way for lakhs of people to open their eyes of Knowledge."

- Renowned Swami Brahmanandagiri Maharaj

"Revered Sant Sri Asaramji Bapu is a great saint who has revived and protected Indian culture in a very short time." **- Acharya Shri Giriraj Kishoreji, Vishwa Hindu Parishad**

Prime Minister Atal Behari Vajpayee's Speech During Pujyashree's Satsang

"Listeners, brothers and sisters, absorbed in the joy of devotion showered by Pujya Bapuji, "I have come here to pay my regards to Pujya Bapuji… to listen to His benedictory words… and not to deliver a lecture or babble as we usually do. One has to strive really hard in order to become blessed enough for attending the highly enlightening and ambrosial *satsang* of Pujya Bapuji. It was at Panipat that I had His *darshana* for the first time. That night on His way to the cottage after the *satsang* discourse, He called me. I myself was very keen to meet Him and receive His blessings. Only when some virtue is ready to bear fruit, are you blessed with the *darshana* and vicinity of saints and holy men.

"I do not have any account of having earned any virtue in this life; but it must be the result of some virtuous deeds of my previous life that I have earned this prized opportunity to meet Bapuji. Whatever He said on that day is still inscribed on my heart. It is indeed a great national duty to inculcate the virtuous *samskĺras* in the hearts of the common people by going around the nation. This verily is what has kept our nation still alive, and on the strength of which we can dream of a bright future… while mustering due strength and devotion towards seeing that dream of ours coming true.

"Pujya Bapuji is traversing the length and breadth of the country, blowing the conch of awakening, while advocating equal respect for all religions and inculcating good *samskĺras* in people, as well as teaching them how to discriminate between good and bad.

"We had committed the cardinal sin of almost forgetting our ancient heritage. Bapuji is making it visible to us once again by applying the collyrium of knowledge to our eyes. Bapuji opined that whatever is happening by the grace of the Almighty God, the sovereign power permeating every particle of the universe, ought to be studied in depth and investigated into, thoroughly.

"It should be our firm belief that God does not refuse prayers emanating from a pure heart. And if our prayer goes unanswered, rather than blaming the Lord, we should find out through introspection whether we really have the necessary purity within our own hearts. Politics, as such, can never bring forth that purity; though of course it may be instrumental in causing pollution.

"Pujya Bapuji recommended that one should take some time out from the routine life and attend *satsang*. When Pujya Bapuji was in Ujjain, I was extremely eager to go there…but as the adage says, 'Every single grain of food is but earmarked for a particular individual.' Similarly, there has to be an auspicious time when one can meet a Saint. Today I have been blessed with that 'time'. This is my constituency. Pujya Bapuji has also instructed me on how to win in the elections.

"The country is passing through difficult times. Bapuji's precepts have been a source of great strength. The recently concluded session of the parliament had left me a bit dejected. But after listening to Bapuji's pious discourse at Lucknow last night, those clouds of dejection too have vanished. Bapuji has enunciated the three paths of knowledge, devotion and selfless action in addition to the *purushĺrtha chatushtaya* (the four goals of human life) for attaining the ultimate goal of human life, i.e. salvation and inner strength. Devotion requires self-surrender. There is no place for ego in the path of devotion. Knowledge may give rise to egotism, but in devotion there is total surrender. At the end of my 13-day rule I prayed, "O Lord! Whatever is mine is Tera, (literally it has two meanings - 13 and Yours') Thine." It is the magnanimity of Bapuji that He has made me – a listener, a speaker and elevated me onto the stage. Now it is also His responsibility to keep me at this level to which He has elevated me.

"Politics is a very slippery field. When a leader is down and out he does not admit his downfall, rather he gloats, "Har Har Gange" ('Har Har Gange' is a phrase uttered when one takes a holy dip in the Ganges, and here the leader means to say that he is making a graceful exit). I was overjoyed listening to Bapuji's *satsang*. As a member of the Parliament, on behalf of myself and the people of Lucknow, I wish to offer my humble obeisances at the holy feet of Bapuji.

"May we always continue getting His blessings and taking courage and inspiration therefrom, keep treading the path of duty towards the attainment of Supreme glory – this is my humble prayer at the feet of God. "

-Shri Atal Behari Vajpayee,
the Prime Minister, Govt. of India.

Quotes of those benefited by the grace of His Holiness Sant Sri Asaramji Bapu.

Pujya Bapuji is Fostering Peace and Happiness in the Country

"The more the lofty message of righteousness given by Pujya Bapuji is spread far and wide across the nation, the more will it foster peace and happiness in the country and the more will be the progress made by our nation. This message is needed in every walk of life."

- Shri L. K. Advani, Deputy PM & Home Minister, Govt. of India.

The Nation is Indebted to Him

"It was my great good fortune to avail of Pujya Bapuji's divine *satsang*. The utterances of saints have given a new message, and new inspiration in every age. The way Bapuji is disseminating the message of Truth, compassion, and sensitivity in today's atmosphere, infested as it is with strife, revolt and malice, the nation is indeed indebted to Him. The nation will forever remain indebted to His Holiness also for the untiring efforts made by Him through *satsang* programmes and *Dhyana Yoga Shivirs* for promoting self-restraint and Brahmacharya that strengthens the foundation of the youth of the nation." **-Shri Chandrashekhar, Ex-PM, Govt. of India.**

The Work of Uplifting the Poor and Downtrodden Should Continue in the Future Also

"The Ashram's work in trying to uplift the poor and downtrodden should continue in the future also. Various spiritual and humanitarian endeavours for the welfare of the humanity especially through the message of love and brotherhood are worthy activities for the uplift of the society." - **Dr. A.P.J. Abdul Kalam, the then President, Republic of India.**

Congratulations for Commendable Success in Efforts

"I am very much pleased to know that 'Sant Sri Asaramji Ashram Trust' is organizing *satsang* throughout the country with a view to spreading the message of peace, non-violence and brotherhood amongst the people. I congratulate it for the success in its efforts which are highly commendable."

- Shri K.R. Narayanan, the then President, Republic of India, New Delhi.

You have Kindled the Light of Divine Knowledge

"The light of divine Knowledge kindled by you in India and the world for awakening and developing spiritual consciousness has illumined the whole of mankind. The whole society is indebted to you for spreading the light of faith, self-restraint, peace and contentment dispelling the darkness of skepticism and atheism that had enveloped the society engulfed with ignorance, inertia, duality and the three fold tormentations."

- Shri Kamalnath, Minister for Commerce and Industry, Government of India

You are Bringing About the Overall Development of Society

"Spiritual peace, which is on the verge of extinction in the hectic and competitive age of today, is being easily imparted to mankind by your efforts. You are bringing about the overall development of society through spiritual knowledge and strengthening its religious and moral faith."

- Shri Kapil Sibbal, Minister of State for Science and Technology and Marine Development, Government of India.

The Nation will be Ever-grateful to You for Your Precepts on Yoga and High Ideals of Culture

"It is a good sign that the Ganges of Knowledge carrying the pious traits of Indian culture has started influencing the hearts and minds of many children both in India and abroad through the instructions of Pujya Bapuji. Our Culture and ethics stand to develop strong roots through the inculcation of noble cultural traits in the students. India will remain ever grateful to all great saints like You, who have been sparing no efforts towards making the nation culturally strong through such great campaigns as 'Yoga and Value based Education'."

- Shri Chandrashekher Sahu, Minister of State for Rural Development, Govt. of India.

We Shall Abide by Your Precepts

"Till today I had heard that **'The Lord is verily within you'.** However after listening to the *satsang* of Pujya Bapuji I actually experienced, **'My Lord is verily within me'.** Bapuji! The mere seeing of your divine persona gives me strength, listening to you brings out the devotion in my heart and through your pious *darshana*

and blessing my salvation has been well nigh ensured. We pray – please stay here forever, availing us repeatedly of your holy *darshana*, so that we may keep increasing our devotion and strength, and steadily progress towards salvation. Bapuji! No longer will I allow you to step out of my heart. The holy stream of devotional bliss and the Ganges of knowledge that you have set into course will continue to inspire the people of Madhya Pradesh forever. We, your devotees and disciples here, will follow your precepts by all means. We shall pay special attention to the execution of your benign commands to plant the holy and highly beneficial trees such as Neem (Margosa), Pipal (the holy fig tree) and Amla (Indian gooseberry) throughout Madhya Pradesh, and ensure the plantation of Tulsi (the holy basil) in each and every household of the state. Then I am sure Madhya Pradesh will be endowed with the glory just like *Nandanvana*. I wish that You please grant me three things – right intelligence, right path, and enough competence to serve the people in the best possible manner." **- Shri Shivrajsingh Chauhan, CM, M.P.**

This Direct Darshana of the Guru is Bound to Bring Some Positive Impact

"Our relation with Maharaj Bapuji stretches back to the time when Rajmata (Mrs. Vijayaraje Scindia) was alive. Today on this pious occasion of Ramanavami, I feel myself truly blessed for getting the holy *darshana* of Bapuji continuously since morning. Maharaj! May I have Your blessings for ever, since I haven't joined politics with a view to rule, but instead I am here to serve the people by striking the right balance of both dharma and karma, and this I shall continue to do. I will continue to be invigorated if You keep coming and blessing me with Your grace. Please provide me with Your benign guidance and strength whenever necessary, and help me to properly serve this State, my extended family.

"Kindly pardon me for having arrived so late in the service of Your holy feet, but I do believe that once I have had the pious *darshana* of the Guru, some positive change is bound to come, and the problems of the state will get solved allowing us to serve the people in a better way" **- Vasundhararaje Scindia, CM, Rajasthan**

Bapuji is Tirelessly Engaged in Spreading our Cultural Heritage Everywhere

"Pujya Bapuji! You have been tirelessly engaged in the holy work of spreading our cultural heritage to virtually every nook and corner of India and the world. You are devoting each and every second of Your life to the work of human welfare perpetuated throughout the ages. May I and all the people walk in the light of the divine torch of cultural traits emanating from Your sacrifice. I am surviving only due to the blessings of saints. I have come here to get my license renewed. Just as a mongoose retires to its hole to smell special medicinal herbs when bitten by the snake and come back with renewed vigour to fight the snake, I too find the time to avail myself of such opportunities like this." **- Shri Narendra Modi, CM, Gujarat**

Your Mere Darshana Gives Me a Wonderful Energy

"I find no words to describe my faith in Pujya Bapuji. In today's society, if some people are following the righteous path it is only due to the influence of the nectarine words of such holy men. I, in particular, am greatly influenced by Bapuji's words. If my mind has its way, I will fly everywhere and avail myself of His holy *darshana* and *satsang*, be it only for a few moments. I gain a miraculous strength simply by having His *darshana*." **- Shri Prakash Singh Badal, CM, Punjab.**

It is Our Duty to Tread the Path Shown by You

"We are extremely fortunate to have been blessed with the *darshana* of Bapuji. Yesterday I met His Holiness, received His blessings, guidance, and personal instructions for the upliftment of this disciple of His. I pray for peace, happiness and prosperity in Chattisgarh by your grace and blessings. May each and every household get the ray of development. "It is our bounden duty to abide by the enlightening precepts as taught by Him. Bapuji has especially recommended for the plantation of *pipal* (holy fig tree), *neem* (margosa), *ÍmlÍ* (Indian gooseberry) and *tulsi* (holy Basil). We will pay special attention towards this." **- Dr. Raman Singh, CM, Chattisgarh.**

The Glory of Satsang is Greater than God

"Only the fortunate ones are blessed with satsang.The glory of satsang is greater than God.The people of the State are fortunate to have received Bapuji's satsang. May they get it again and again. Honorable Bapuji has inspired the youth of today to tread the path of righteousness, which is the need of the hour."

- Shri Bhuwan Chandra Khandudi, CM, Uttarakhand.

'Come, Let Me Show You the Easy Way to Attain Rama'

"Revered Baba Asaramji Bapu! Your holy name 'Asarama' is perfect in the sense that it gives an abbreviated expression to your basic mantra, 'Come, Let me show you the easy way to attain Rama.' Today I feel blessed to have come to *satsang*. '*Satsang*' is that in whose association (sang) we are transformed into the

'Existence Absolute' (Sat). I, on behalf of all the people, express my sincere gratitude to Pujya Bapuji for having shown us the easy path to God-realization."

- Shri E. S. L. Narasimhan, Governor, Chattisgarh.

The Nation is Bound to Prosper Under the Guidance of Saints

"The life of Pujya Bapuji is a synthesis of Karmayoga, Bhaktiyoga, and Jnanayoga. You are guiding millions today. The nation is bound to prosper under the guidance of saints. I often urge the political bigwigs to take the opportunity of the blessings of Saints so that they can maintain their power and position, and establish dharma by taking refuge at their feet." **- Shri Ashok Singhal, President, Vishwa Hindu Parishad.**

Bless Us That We May Never Swerve From the Path of Truth

"May we get Your guidance always, we certainly need it. Bless us so that we may shoulder the responsibility assigned by You. May we steer clear of the path of evil and tread the righteous path. May we serve the people and our noble culture in the best way, and may we never swerve from the path of truth."

- Shri Uddhav Thakre, Executive President, Shiv Sena.

Fruition of Religious Merits Leads One to the Saints

"It is our common experience as to what life's drudgery yields; even then we cannot escape it in this materialistic world. It is rare to find such occasions when such saints like Sant Sri Asaramji Bapu, having divine power, visit us and relieve us of the rat race of life by showering spiritual peace on us. This revered saint is constantly engaged in universal good while living amongst us. He instructs people in the art of living joyously as well as in the techniques of Yoga. "Today, by sitting at His holy feet for just a short while and imbibing the nectar of *satsang*, we have forgotten all our worldly woes and are experiencing the inner peace and bliss. It is only the fruition of our religious merits that we are blessed with the holy company of saints. After having listened to His ambrosial words we feel an inner urge to take the opportunity of such holy *satsang* everyday. What else can I say in the presence of such a great saint as Pujya Bapuji. Whatever I say is like showing a lamp to the Sun."

- Shri Motilal Vora, All India Congress Treasurer; Ex-CM (M.P.) and Ex-Governor (U.P.).

Bapuji Helps People Even in His Absence

"People all over the country are experiencing blessedness bathing in the holy stream of Pujya Bapuji's discourses. Today, Bapuji is present here in Orissa to bless the people with His nectarine discourses. Even when He is not present He does a lot for the people of Orissa; and always remembers them. He initiates special campaigns in the remote areas of the state of Orissa to serve God-the poor, with physical body, mind and wealth." **- Shri Janakivallabh Patnayak, CM, Orissa.**

Pujya Bapuji – The Provider of the Real Education in Life

"Bapuji is very compassionate and strives relentlessly to eradicate the misery of each and every person in society. Every night before retiring to bed, I always watch the 'Sanskar' channel in order to secure His blessings. We are unable to provide the real education of life like that which can be provided by such exalted saints as Pujya Sant Sri Asaramji Bapu."

- Anandiben Patel, (Former) Education Minister,
(Present) 'Revenue' as well as 'Road and Housing' Minister, Gujarat.

Yoga is Generated Like Nuclear Energy

"Many kinds of perverse forces are attacking the human mind, the social life and culture. In fact there is a battle ensuing between Culture and perverse forces, not for any territorial gains, but to subvert our cultural heritage. The weapon for triumph of the culture is the bomb of Yogic Force. O Gurudeva! By virtue of Your grace millions of people are generating this divine nuclear power of Yoga, and they are becoming soldiers to protect the culture.

"O Gurudeva! It is my humble request to you, to instil the traits of righteousness and dispassion amongst the Governance. I have come to pay my obeisances at Your holy feet and obtain Your blessings."

- Shri Ashokbhai Bhatt, Chairman of Legislative Assembly, Gujarat.

The Earth Owes its Survival to Saints like Bapuji

"The love and blessings of the saints can never be limited to the boundaries of any nation, caste or sect. In Kaliyuga, virtues like sincerity, selfless love, sacrifice and practice of austerities are on a steady decline, and yet, if the earth exists, O Bapuji, it is only because saints like You are wandering in the land of India. It is only in Bapuji's *satsang* that I have seen both the poor and rich alike getting the opportunity to imbibe potions of nectar without any discrimination. "

- Sushri Uma Bharati, the then Chief Minister, Madhya Pradesh.

I am Unfortunate to have been Deprived of *Guruvani* for so Long

"I pray to God to provide us with an opportunity to reform ourselves by listening to the precepts of Pujya Bapuji. Paying homage at the feet of Guruji, I beg His Holiness on behalf of the people of Madhya Pradesh to grace the land of Madhya Pradesh repeatedly and bless us so that people of the state also have the maximum opportunity to participate in the divine works being undertaken by Him in India as well as overseas."

- Shri Digvijay Singh, the then Chief Minister, Madhya Pradesh.

Such Words of Bliss! Such Wonderful Knowledge!

"From my side and on behalf of this inspiring assembly, I heartily welcome the supremely revered Bapuji, the most eminent among saints. I have had the opportunity to listen to Your *satsang* on TV many a times, and personally on one occasion in Delhi. Such words of bliss! Such divine knowledge! Surely one will attain the right direction in his life if one seriously reflects upon your precepts and follows them. Blessed indeed are those that in this day and age, blossom their lives by taking the benefit of *darshana* and the *satsang* of such great souls."

- Shri Bhajanlal, the then Chief Minister, Haryana.

My Heart was Purified Listening to Satsang…

"After returning from the cremation ground we take a bath for the purification of the body. Similarly, I had been infected with bad vibes during my sojourn to foreign lands, but after my return, today I was fortunate to have Pujyashree's *darshana* and *satsang*, which instantly purified my heart and soul. A number of Indians staying abroad take the opportunity to listen to Pujya Bapuji's *satsang* either through direct means or otherwise indirectly." **- Shri Surajbhan, the then Governor of Uttar Pradesh.**

The Ganges of Divine Knowledge has Arrived

"The state of Uttaranchal is extremely fortunate that the God-incarnate Pujya Bapuji's ashram is being constructed in this holy land. Let this ashram be unique, and one of its kind in the whole world. We are indeed fortunate to have the Ganges of divine knowledge appear in our midst in the form of Bapuji's discourses. Now we need not take a holy dip in the Ganges as much as we need to sit at the lotus feet of His Holiness Sant Sri Asaramji Bapu and obtain His blessings."

- Shri Nityananda Swamiji, the then Chief Minister, Uttarakhand.

People All over the World are Benefited by Bapuji's Satsang…

"From time immemorial India has been a land of rishis, sages, saints and great souls who have given the message of peace and spirituality to the world at large. In this age, His Holiness Sant Sri Asaramji Bapu has been spreading the divine spiritual message through His ambrosial discourses, thereby benefiting not only the Indians, but the world at large." **- Shri Surjit Singh Barnala, Governor, Andhra Pradesh.**

Set Up a World Record by Memorizing the Whole Dictionary

"I have memorized all 80,000 words of the 'Oxford Advanced Learner's Dictionary' (6th English edition) along with their page numbers, which is no less than a miracle for the whole world. As a result my name has been registered in the 'Limca Book of World Records'. Besides, I have also set a world record in a reality show called 'Shabash India' shown on Zee TV. I have been selected in the list of 25 unusual Indians according to a survey carried out by the Magazine 'The week'.

"Having received initiation from Pujya Gurudeva, getting an opportunity to practice Bhramari Pranayama, and His instructions and inspiration to convert my weakness into the means to become great, the various techniques, awakened enthusiasm, and inner strength – all this is but the miracle of the motiveless grace of Pujyashree. गुरुकृपा हि केवलं शिष्यस्य परं मंगलम् । ('The Guru's grace can alone bring about the disciple's supreme good.')" **- Virendra Mehta, Arjun Nagar, Rohtak (Haryana).**

Extraordinary Development of Intellect Through Mantra-diksha and Yogic Practices

"In the beginning I was just a mediocre student securing only around 50-55% of marks. In the eleventh standard, because of poor performance, my guardians were summoned by the principal and he threatened that I would be expelled from the school lest the school's reputation be spoilt. Later, I was initiated in the Saraswatya mantra by Pujya Bapuji. I experienced remarkable intellectual development through Mantra *japa* and the practice of techniques suggested by Bapuji.

"In due course, I was appointed as the Global Services Product Manager at 'Nokia' the Mobile Phone Company. While in employment, I wrote a book for the designing of Cellular Networks which is useful to multinational companies. This book is published by a foreign publisher and carries a price tag of USD 110 (approx. 4,500 rupees). Subsequent to the publication, I was awarded a promotion and now I am frequently invited to instruct in mobile technology by various international authorities. Later I wrote another book a tad

costlier at USD 150 (approx. 6,000 rupees). This is solely the result of Saraswatya Mantra-diksha received from Pujyashree."

- Ajay Ranjan Mishra, Janakpuri, Delhi.

The Glory of Satsang and Mantra-Diksha!

"My job was – tending to buffaloes. I would start early in the morning carrying a few rotis cooked overnight, one or two onions and a little bit of salt with water carried in a mobil oil container, for my afternoon lunch. Due to poor economic condition I used to make do with a pair of shoes made from waste tyres costing two and a half rupees.

"I secured only 60% marks in the 12th standard. Somehow I managed to get admission at an engineering college in Allahabad. At that time I opposed the saints out of ignorance. I would make derogatory remarks against them under the influence of fools who spit venom at saints. When a *satsang* programme of Bapuji was held in Allahabad, I casually went there only to have a cursory look for just five minutes, but as I went and sat down in the *satsang* pandal, I felt like I should remain seated for good. Then I got initiated in the 'Saraswatya Mantra' by Pujya Bapuji. Bapuji's divine grace worked wonders and my intellect was sharpened. I practised an *anushthÍna* in the prescribed manner. On the sixth and penultimate day of the *anushthÍna*, I experienced a vibrating sensation at the *ÍjnÍ chakra*. I observed the Ekadashi *vrata* for one year taking no food, not even water, on that day; and would pass the night keeping vigil while reciting the 'Sri Asaramayana', 'Sri Vishnu Sahasranama Stotra', 'Gajendra Moksha', etc., and also doing *japa* of the Saraswatya mantra. All night long I would keep praying only this, 'O Lord! Just let me meet my Gurudeva.' By the grace of God, now my goal has been achieved. I am currently working as an aircraft engineer in 'Go-air' (An Airlines Company). I draw a monthly salary of approximately 1.80 lakh rupees and will start getting 2.5 to 3.0 lakh rupees per month after some time. Guruji has made such a poor shepherd scale such great heights."

- Kshitij Soni (Aircraft Engineer), Delhi.

A Five-year-old Drives Car on High-risk-roads

"I had been initiated by Pujya Bapuji in the 'Saraswatya Mantra'. Routinely, when I sit for worship, Bapuji blinks at me. I often talk to Him. I perform *japa* counting ten rounds of the mala daily. He grants all my wishes without fail. I feel as if Bapuji is always with me.

"On 5th July 2005, I had been playing with my friends. Suddenly my younger brother fell down from the roof. At that time no elders were present in the house, so we children were naturally very scared. Just then I heard Bapuji telling me, "Tanshu! Place this child in the van and drive the vehicle to the hospital." Then, with the help of my elder sisters, I managed to place Himanshu inside the van. How the van moved on the roads and reached the hospital, I simply do not know. All through the journey I had a strong perception that Bapuji is sitting beside me and helping me drive the van." (The distance between the house and the hospital is more than five kilometers.)

- Tanshu Besoya, Rajveer Colony, Delhi - 96.

Any Amount of Reverence Shown to Such Saints is Woefully Short

"Someone had told me, 'If you play a cassette on meditation (conducted by Bapuji) before going to sleep, Gurudeva will appear in your dream…' On that very night I played a cassette on meditation and went to sleep listening to it. It seemed as if someone woke me up at the night. I got up from deep sleep and kept staring at the illumined photograph of Guruji. Suddenly a miracle took place! The tape started playing all on its own and I could hear only three sentences: 'The Soul is sentient. The body is insentient. Do not be proud of your physical body."

"Then the tape automatically stopped while these three sentences echoed throughout the whole room. In the other room my wife also woke up and she could even feel someone moving about! Undoubtedly, it was none other than Guruji Himself."

"I switched the light on and rushed towards my wife's room. I asked, 'Did you hear anything?' She answered in the affirmative. It was exactly 4:00 AM I had my bath and sat down for meditation. I remained sitting there for over one and a half hours. Never before had I been able to meditate for such a long time. After this incident I am thoroughly convinced that Guruji is the personification of Brahman. He appears in whatever form the people conceive Him."

"My friend has a western bent of mind. After listening to Guruji's discourses in the 'Janmashtami shivir', he said, 'He appears to be an extraordinary lecturer to me.' I said, 'Guruji will surely respond to this today.' As we sat down in the *satsang*, Guruji said in the midst of His discourse, 'To some, I appear to be a lecturer. To others, I may appear a professor. Some see me as the Guru, while some others know me as God. I appear in different forms to different individuals depending on the kind of faith they have in Me, and one finds Me in the form that is conceived by the individual."

"My friend lowered his head in shame. But then, he was an atheist after all. He said something in jest about Guruji at my residence. I admonished him, 'This is not fair. Mend your ways, otherwise Guruji will punish you."

"And just within 15 minutes he received a call from his residence saying, 'Our child is serious and needs immediate hospitalisation.' My friend cut a sorry face. He said, 'It was my mistake. I will never again utter a derogatory word about Guruji whether I believe in Him or not."

"Ignorant people publishing derogatory reports about Guruji in the newspapers do not realize that they are slandering a great Saint who is renovating our culture, who is reviving the utterances of the saints of yore, who helps people to get rid of their vices like drinking and meat eating, thereby uplifting society. It is a matter of great shame for the country that we are writing such slanderous articles."

"Whatever respect and reverence you show to such a saint, it is woefully short and inadequate. Words fail me in describing the glory of Guruji."

- Dr. Satvir Singh Chhabra, B.B.E.M. All India Radio, Indore (M.P.).

And I was De-addicted…

"I had been addicted to tobacco for some 32 years and had tried all I could to give it up, but of no avail. When Pujya Bapuji arrived at Prakasha Ashram (Maharashtra) in January '95, I pleaded Him to get me rid of the addiction. Pujya Bapuji said, 'Bring your container of tobacco and spit 3 times on it making a resolve not to chew tobacco again.' I followed His instructions verbatim and in a miraculous way I did give up the addiction from that very day!! With what words can I express my gratitude towards Pujya Bapuji! I am extremely delighted that this national Saint has saved my life which was on the verge of destruction, by helping me get rid of my addiction. **- Shri Lakhan Bhatwal, District Dhule, Maharashtra.**

Guruji's Photograph Saved his Life

"My son runs a service centre dealing in the ashram products. One day there came Shri Aggrawalji, a famous merchant of Jalgaon. He bought a few cassettes of Bapuji and the book **'Ishwar ki Aur'** ('Towards God' in English). Then he came back the next day and took some more spiritual books with him. He was a wholesale merchant of betel leaves and was himself addicted to chewing betel leaves. After reading the books he was inspired to give up the bad habit."

"A man came to his shop once. He purchased some goods and left after taking down his telephone number. An hour later he called him up stating, 'Seth! I had been given a contract to kill you for a huge sum of money, and I had accepted the assignment as well. However, on reaching your shop I happened to see His Holiness Sant Sri Asaramji Bapu's photograph. I felt as if He was sitting there in person, and inspiring me to become a good human being! Thus His photograph (rather Guruji in person through the medium of the photograph) saved your life."

"What an extraordinary miracle! Those whom God protects nobody can kill. Subsequently, he himself came to pay obeisance to Gurudeva who can shower His grace even through His photo." **- Balkrishna Aggrawal, Jalgaon, Maharashtra.**

Satguru Never Forsakes His Disciples

"One night I was returning home from my shop on a scooter with a lot of money in the dicky. Three ruffians accosted me brandishing a pistol. They hit me on the head with the butt of the pistol and threw me down to the ground. I thought to myself, 'The goons are going to take my scooter away.' I prayed to Gurudeva. Suddenly, they all left leaving the scooter and made good their escape with only the bag which was hanging thereon. On reaching their den the goons must have been distraught to find an empty lunch box and some vegetables in the bag. However, my money remained intact in the dicky, while they probably saved some money on the vegetables. "

- Gokulchand Goyal, Agra (U.P.).

Blindness Cured through Guru's Grace

"I had been suffering from glaucoma for the past 35 years. For some 6 years I was almost blind. I consulted numerous hospitals in Madras and many other cities; but was left disappointed everywhere. Finally, I went to the best ophthalmologist in Kolkata. He too gave up saying, 'There is none on the face of this earth who can possibly cure you.' …But then, I received mantra-initiation from Pujya Bapuji. I performed *japa* of the mantra with great devotion and faith, for personified Brahman, Gurudeva had Himself imparted it to me. Within a period of just 6 to 7 months, I could see a little bit. Doctors would say that I was living in a pleasing illusion. But now my eyesight has improved substantially. On another occasion, Gurudeva saved me from a fearsome disaster. We simply cannot repay His debt even over a number of lifetimes."

- Shankarlal Maheshwari, Kolkata (W.B.).

And the Robbers Fled in Fear

"Six robbers broke in my house. Two of them were waiting outside in a Maruti car, with the engine running. One of them gagged my mother and demanded the cupboard keys. At that time I was in the shop. The others threatened my wife against raising an alarm. My wife prayed with folded hands before the photograph of Pujya Bapuji, 'Now, You are our only Saviour.' She could say only this much and surprise of all surprises! Suddenly the dacoits started to flee, being scared. They ran helter-skelter as though they had lost their vision. My family is indebted to Gurudeva."

- Manoharlal Talreja, Jhulelalnagar, Shivaji Nagar, Varanasi (U.P.).

A Dead Body Resurrected Through Mantra

"We were on our way to Ahmedabad from Amet. Suddenly our jeep went out of control and somersaulted three times. My body was completely trapped under the weight of the jeep and some glass splinters had penetrated my body. I was taken to the hospital, but with no improvement in sight. So excruciating was the pain that I found it difficult even to breathe. Inspite of oxygen being administered, it was still difficult for me to breathe. In such a critical condition, I was about to be discharged."

"In the meantime, my friend had informed Bapuji on telephone of my condition. A well wisher of all beings that He is, the compassion incarnate Pujya Bapuji gave my friend a secret mantra instructing him, 'While looking at the water in the bowl chant this mantra 108 times (1 rosary) and then administer it to Manoj and others affected by the accident." As soon as the consecrated water was put into my mouth, there was a sudden movement in my body and I vomited. Amazed by this extraordinary turn of events the doctors immediately lay me down under a very sophisticated medical device. All the blood in my body had become black, while my pulse, heartbeat, and blood circulation had stopped as well. "I was administered a complete blood transfusion and then operated upon. After some 72 hours I regained consciousness. While being unconscious, I could only remember that the chanting of the Guru mantra given by Bapuji was incessantly going on within. When I regained consciousness, the doctors asked me, 'All throughout the operation you were calling out to Bapuji. Who is He?'

'I replied: 'He is my Gurudeva, His Holiness Sant Sri Asaramji Bapu.'

'Do you do any exercises?'

'I perform *prÍnÍyÍmas* and *Ísanas* as per the instructions of my Gurudeva.'

'That is the reason why this frail body of yours was able to withstand all this and you managed to come back to life from the very threshold of death. Had it been anyone else, he would have been killed on the spot.'

"Some 8 tubes had been inserted into my body. There are still some pieces of glass inside my body, but by the grace of Gurudeva I am quite healthy and strong, carrying out all my usual business along with *Guru sevÍ*. It would simply have been impossible for me to survive if the great Saint, the Master of mantras, had not given the mantra to my friend. Even though in human form, He is a mighty saint of the highest order. If a simple mantra given by Him on the telephone had the power to bring me back to life, then just imagine how immensely fortunate would be those on whom Bapuji showers His grace in person!"

- Manoj Kumar Soni, Jyoti Tailors, Lakshmi bazaar, Amet, Rajasthan.

Eyesight Restored by the Grace of Satguru

"I had poor vision in my right eye due to some disease. When Pujya Bapuji was distributing dry fruits as *prasÍda* in Delhi, one piece came and hit me in the right eye. The eye started watering. But surprisingly, from the next day onwards the pain ceased and I could see everything clearly as well."

- Rajkali Devi, Asainapur, Dist. Pratapgarh (U.P.).

A New Lease of Life from the Water and Soil of BarhdÍdÍ

"I had caught malaria. Then I developed a complication, jaundice. My elder brother cured me of jaundice with a mantra prescribed for it in 'Arogyanidhi' – a book on ayurvedic treatment published by the ashram. But within a few days, as a result of a reaction of allopathic medicines, both my kidneys failed. Even my heart and liver were heading towards imminent failure. Doctors were quite categorical, 'This boy cannot be saved.' I was taken to a hospital in Nagpur, but even there the doctors said that there was no chance for survival. My brother left me there and came to the Surat Ashram. There he consulted the *Vaidya*, circumambulated and prayed to the *BarhdÍdÍ* and collected the consecrated water and soil of *BarhdÍdÍ*. The doctors had planned to carry out a kidney transplant on 8th, but I started feeling better right from the moment my brother prayed to the *BarhdÍdÍ*. My brother arrived on the 7th and after applying the pious soil on my forehead, he gave me the consecrated water to drink whereupon both my kidneys attained complete recovery. I was given a new lease of life. Today I am completely healthy."

- Praveen Patle, Gondia, (Mah.)

My Daughter Took a Vow and was Blessed by Gurudeva

"My daughter had been married for over eight years. Her first pregnancy resulted in a stillbirth. Second time she bore a girl, which also died within 6 months. Then my wife told our daughter, 'If you take a pledge to

write 'ॐ' as Pujya Bapuji instructs on the child's tongue immediately after birth, I am confident your third child will survive, because in 'ॐ' resides the Lord, Whose nature is Supreme Bliss.'

"My daughter took the pledge accordingly and in due course conceived. When a sonography was done the doctors told us, 'It is a female foetus with water in the brain, *hydrocephalus*. There is no chance of its survival. It is better to have an abortion.' My daughter consulted her mother. She said, 'Come what may, we will not go for the horrible sin of abortion. Gurudeva is with us and His divine grace will see us through.'

"The delivery was absolutely normal. Immediately after birth, 'ॐ' was written on the child's tongue with honey and ghee mixed in unequal proportions. Today she is absolutely normal. When the doctors examined her, they were surprised as to what happened to the *hydrocephalus*? Where had it disappeared to? Doctors at the Hinduja Hospital were simply astonished at this miracle! "Now, whenever any cassette is played, the child gestures, 'Play the 'ॐ' cassette.'

- Murari Lal Aggrawal, Santa Cruz, Mumbai.

…And Gurudeva's Grace Worked

"Unfortunately, I once met with a terrible accident. The doctors said, 'One of your hands will become permanently paralysed.' However, I continued mental *japa* of the Gurumantra with total faith and conviction. Now my hand is perfectly alright and I can lift weights upto 70 kg with it. We had been childless for a long time after marriage. The doctors categorically declined to give us any hope. We took recourse to Guru's grace and the Guru mantra. We attended a *DhyÍna Yoga SÍdhanÍ Shivir* and Gurudeva showered his grace on us. Now we have three children."

- Hansmukh Modi, Rander Road, Surat (Guj.)

Gurudeva Sent the Akshayapatra

"Before embarking on a charitable service mission, we went to seek blessings from Pujya Gurudeva. Gurudeva said, 'After the *bhandÍrÍ* conducted in Panched Ashram (Ratlam) a lot of items meant for distribution are still left. Fetch those leftover items and distribute them among the poor.' We were to organize the *bhandÍrÍs* in the tribal and poverty stricken areas of Jhabua district. From there we sent a vehicle to Ratlam. The items were counted while being loaded onto the vehicle. The material was enough to suffice for four *bhandÍrÍs*, i.e. two days. We all liberally distributed utensils, clothes, saris, dhotis, etc. for six days at a stretch, but the items would not diminish! We started to count the items, but the divine play of Gurudeva simply beggars description. Even after everything was distributed liberally for ten days we were still left with three sackfuls of utensils! It was as if Gurudeva had arranged for the Akshayapatra, a vessel that holds a never-failing supply of food!"

"One day after concluding the feast, we found that one vessel of rice was left over. It was enough to feed about 100 people. We thought, 'Let us distribute it in the village.' But look at Gurudeva's divine play! It was distributed not in one, but 5 villages; and the rice was still not exhausted. Finally, at 9:00 PM the tired volunteers prayed to Gurudeva, 'Gurudeva! The jungle area begins here… kindly help us.' Only then did the rice in the vessel finish and the volunteers returned to their place of residence."

- Sant Sri Asaramji Bhakta Mandal, Katargam, Surat. (Guj.).

Blessed with a Son in Dream

"One after another three daughters were born to us. My wife had secured Pujya Gurudeva's blessings for a son. Before the fourth delivery, when she underwent sonography in Valsad, the report indicated a female child. We were disappointed. One night, my wife had Gurudeva's *darshana* in dream; Gurudeva said, 'Dear Daughter! Don't worry, have patience. You will give birth to a baby boy only.' We had pledged an offering after circumambulating the *BarhdÍdÍ* at the Surat Ashram. Those prayers were answered and Gurudeva's divine pronouncement came true when a baby boy was born. Everyone present started hailing Gurudeva in rapturous applause."

- Sunil Kumar Chaurasia, Killa Pardi, Dist. Valsad. (Guj.)

Life Saved by the Recitation of 'Sri Asaramayana'

"One night my ten-year-old son suddenly fell ill. He had difficulty in breathing as well. When we admitted him to a hospital, the doctors said, 'The child's condition is very serious, he needs a surgical operation.' I came home to get the money and instructed my family to recite the 'Sri Asaramayana'. The recitation commenced. Later, when I reached the hospital, I found the child playing in a cheerful mood. We were overjoyed to see this! It was nothing but the boundless grace of Bapuji, the Lord in the form of our Guru, and the fruits of reciting the 'Sri Asaramayana'."

- Sunil Chandak, Amravati, (Mah.)

Miraculous Results of Having Faith in the Guru's Words

"After having a daughter we had no child for around 7 years. Therefore, during a *satsang shivir*, we sat amongst people seeking blessings for a child. When Pujya Bapuji came to bless us, some devotees put some improper questions to Him. Gurudeva rebuked them, 'When you have no faith in a saint's words, why have you come here?' 'Thereafter, Gurudeva did not come to us, despite our constant prayers for His mercy. Then He said from the Vyasapitha, 'Attend three more meditation intensives.' I was thinking, 'The folly of just a few devotees denied me the blessing.' But वज्रादपि कठोराणि मृदुनि कुसुमादपि... – 'Though externally harder than the thunderbolt, the *Satgurus* are even softer than a flower within'. Soon enough Gurudeva said jokingly, 'See! These people have come seeking to be blessed with a child. How they are sitting like paupers!' Then addressing us He said, 'Now go … take home a cradle and some rattles with you.' … So in compliance with Gurudeva's command I bought a rattle. Fifteen days later, the doctor informed me that my wife was pregnant! In due course of time we were blessed with a healthy son." **- Rajendra Vajpayee, Dhadhipur, Murara, Gwalior (M.P.).**

Two Children From Two Pieces of Apple

"Even after ten years of marriage we were childless. All the doctors were unanimous in their opinion that there was absolutely no possibility of us having one. Then I took the '*purnima darshana*' vow and went to complete the same. Pujya Bapuji was distributing *prasada* to all. He threw an apple at me that broke into two pieces. I gave my wife the *prasÍda* to eat, and soon she became pregnant and delivered a son and a daughter. I was blessed with two children by the two pieces of *prasÍda* given by Pujyashree." **- Mukeshbhai Solanki, Bavan Chaal, Vadodara. (Guj.).**

And the Atrophied Leg was Cured

"My left leg had been wasted above the knee. After a thorough examination, the doctors of the All India Institute of Medical Sciences, Delhi, told me that some nerves near my spine were dead, and hence, it was simply incurable. They prescribed some vitamin E capsules to me for regular consumption in order to protect the leg from further wasting. I took those capsules for one year. Then I got initiated by Pujya Bapuji and stopped taking the medicine. Once, when some *sÍdhakas* planned to travel from Saharanpur to Ahmedabad (1150 kms) riding bicycles on the occasion of UttarÍyÍna Shivir; I made a firm determination to participate in that bicycle-expedition without giving it even a second thought. So we eight *sÍdhaka* brothers started from Saharanpur on bicycles. In the course of my journey, whenever there was an uphill road or any difficulty, I could feel some force pushing the bicycle from behind. But on turning around I would find no one. Upon reaching the Ahmedabad Ashram when I saw my leg, I was amazed! It was completely recovered. My friends too were simply awestruck! All this was nothing but the miracle of Guru's divine grace. Besides, my wife and the seven companions being eye-witnesses to this fact, the case papers of the 'All India Institute of Medical Sciences, Delhi' also bear testimony to this amazing incident."

- Nirankar Aggrawal, Vishnupuri, New Madhonagar, Saharanpur(U.P.)

The Wondrous Experiences Within Mauna Mandir!

"By the grace of Pujya Bapuji, I had the golden opportunity to practise *sÍdhanÍ* in a *Mauna Mandir*. On the fifth day, at around 2.00 am, I experienced a sudden jolt while sleeping. I felt an invisible force carrying me higher and higher in the sky. When I looked down I could see my body still asleep in the *Mauna Mandir*. Up above the world I was taken to a unique place… spectacular and indescribable! I had been transported even beyond the skies to a distant place where there was nothing but fog, as it happens when dew drops collect on a glass roof. In the meantime, I saw an assembly of apparitions as if images of humans had been drawn. It was simply beyond my comprehension as to what actually all this was about. After some time, those hollow images started taking shape. In the midst of numerous gods and goddesses, Pujya Bapuji adorned the throne in the form of Lord Shiva Himself on the mount Kailasa. All the gods and goddesses had queued up with folded hands before Him. Fascinated and spell bound, I continued to gaze at Bapuji for a while and then intoxicated with divine bliss fell down at His holy feet. With that jerk I woke up from my stupor and found myself lying in the same *Mauna Mandir*. Oh! How fresh and relaxed I felt both in my body and mind!

"The same set of events was repeated on the following night as well. The next day morning I realized that it was time to leave. I came out overwhelmed, with a heavy heart, a voice choked with emotions and tears trickling from my eyes! I felt as if I was being rendered homeless, driven out of my very own, original abode. Blessed is the land and great indeed is the system of *Mauna Mandir sÍdhanÍ*, where one comes across the keys to get immersed in the ocean of Supreme Bliss! May God so bless me that I may get to imbibe the inner bliss of the Real Self again."

- Indranarayan Shah, Ratandeep-2, Nirala Nagar, Kanpur (U.P.).

Cured of an Incurable Disease

"My daughter Hiral caught fever. One doctor diagnosed it as malaria, another typhoid, while a third one diagnosed it as a combination of both malaria and typhoid. The medicines of both diseases were given. A single

dose made her body swell and turn blue. She had to be administered 6 bottles of blood. An injection caused paralysis of her entire body. She developed bed sores on her back and her feet were kept in traction. The doctors then diagnosed her to be suffering from leukaemia, and rheumatic fever which caused incompetence of a heart valve. We gave up hope.

"Then, there was no recourse other than Pujya Bapuji. Hiral also requested, 'Take me to Pujya Bapuji. I will be alright there.' For five days, Hiral kept repeating Pujyashree's name incessantly. We took her to Bapuji, Who said, 'She has nothing to worry about.' He gave a mantra to Hiral and me and asked us to circumambulate *BarhdÍdÍ*. We followed Pujyashree's instructions and Hiral started moving about in just 15 days time. How can we ever repay the debt of Pujya Bapuji's compassion and benevolence? Today we are blessed with Pujyashree's company, staying in the Ahmedabad Ashram."

Praful Vyas, Bhavnagar (Presently Dedicated to Ahmedabad Ashram).

The Miracle of a Cassette

"Facing mounting debt in business, I was contemplating suicide. I had developed a sort of hatred towards saints, holy men and people in general. I had lost all faith in religion or society. One day my sister-in-law gave me two cassettes of Pujya Bapuji's *satsang*, namely – '***Vidhi KÍ VidhÍn***' and '***Àakhir Kab Tak***?' In spite of her best efforts, I refused to listen to those cassettes and instead put them in the cassette-box thinking that it was all hypocrisy. Being heavily upset, I couldn't sleep at night. One night I felt like listening to some film songs. In the darkness of the night, I accidently picked up one of Pujya Bapuji's cassettes and started listening to it. Then things took a 'U' turn! My hopes were revived, the mind calmed down and gradually all my troubles were gone. My life was filled with bright colours of happiness. Subsequently, I listened to many cassettes of Pujya Bapuji and made others listen to them. Then I got initiated by Pujya Bapuji as well. My debts were all repaid, and by the divine grace of Pujya Bapuji, I have no problems today. O Gurudeva! May You remain my sole refuge and I belong to You forever." **- Omprakash Bajaj, Delhi Road, Saharanpur (U.P.)**

I was Blessed With the Saint's Grace

"My son, my nephew and I went to attend *DhyÍna Yoga SÍdhanÍ Shivir* at Haridwar. One day, when we had gone for a bath at 'Har Ki Pauri' ghats, my son and nephew got caught in the swift current of the river and were swept off their feet having lost their balance. I started crying bitterly and prayed to Bapuji, 'O Lord! O Gurudeva! Kindly save my children. You are my only saviour.' It appeared that Pujyashree listened to my cries of distress, emanating as they were from a pure heart, and my son suddenly appeared. I immediately pulled him out, but my nephew was nowhere to be seen! I had been crying incessantly, 'Bapuji! If my son had been lost it would not have mattered so much, but how can I return without my nephew and face my brother back home? You have to somehow help this helpless devotee of Yours.' Just then, a huge wave of the Ganges deposited the child out on the banks. I quickly caught hold of him. Even today, when I remember that episode, incessant tears of devotional love begin to stream out of my eyes. Blessed am I to have such a Gurudeva!"

- Samalkha, Panipat (Haryana).

A New Lease of Life Through Gurudev's Grace

"I had hanged some clothes for drying on a metal wire. The wire had somehow become live after a downpour. My younger son, Vishal, accidentally touched the wire and fell on the ground life-less. We immediately admitted him to a major hospital. The doctor said that the patient was serious, which brought tears to my eyes. I prayed to Pujya *Satgurudeva*, 'O *Gurudeva*! Now the child's life is entirely in Your hands. O my Lord! You can do anything and everything at Your mere will.' …And my prayers did bear fruit. A fresh gush of consciousness was transmitted into the child and his condition began to improve steadily. In a few days he was completely cured. The doctor did his bit, but the new lease of life that my Lord *Satguru's* grace gave him simply beggars description. I only pray to God, "May our faith in enlightened saints like Pujyashree keep growing for ever."

- Dr. Y. P. Kalra, Shamaldas College, Bhavnagar, (Guj.).

Saints Like Pujya Bapuji Can Transform This World into Heaven

Upon having some spiritual experiences in the pious company of Pujyashree, **Babaak Agrani, a famous physician of Iran** who had come to India to satisfy his spiritual quest, proceeded to participate in the *DhyÍna Yoga Shivir* at Panched Ashram. Mr. Agrani, who had planned to return after just 2 days, ended up staying in Panched Ashram for a total of eleven days. He also received mantra-*dikshÍ* from Pujyashree. In an interview given to a regional newspaper : 'Chetana' about his spiritual experiences in Pujyashree's divine company, Mr. Agrani said, "If all the countries in the world had saints like Pujya Bapuji, this world would turn into heaven. Normally, it is pretty difficult for us to sit quiet like this, but when we listen to *satsang* sitting at the pious feet of a great saint like Pujya Bapuji, we become so engrossed that we simply lose awareness of the passing time in the ensuing bliss. Indeed, Pujya Bapuji is no ordinary saint."

Pujya Bapuji: The Light of Knowledge in the Darkness of Materialism

"One without discriminative intelligence cannot reach his goal, and the means to attain it is the *satsang* of great saints like His Holiness Sant Sri Asaramji Bapu. It was on TV that I saw Bapuji for the first time. Subsequently, I got to read the monthly magazine 'Rishi Prasad' published by the Ashram. Then it occurred to me that, while mankind is lost in the darkness of this material age, there also blows an ambrosial breeze of peace as well. This is verily the influence of Pujya Bapuji's *satsang*. I have a sense of fulfilment on being fortunate enough to have had the pious *darshana* of Pujya Bapuji. Now, I only wish that the ambrosial shower of Pujya Bapuji's precepts and the enlightenment of crores of hearts through His *satsang* may continue forever, and may we continue to receive His constant guidance for a long time to come. I pay my obeisances at the holy feet of Pujya Bapuji…"

- Shri H.P. Kumar, Director General, Narcotics Control Bureau, Govt. of India

New Lease of Life to a Muslim Woman

"Pujya Bapuji's 'Self-realization Day' was being celebrated at my residence, in which my neighbour, a Muslim lady, Nathi Bahen reverentially waved the *Írati* lamp before Pujya Bapuji and received the *charanÍmrita* as well. Just 3-4 days later the Muslim couple went to Ajmer to attend the 'Ursa', a ceremony observed on the death anniversary of Khwaja Sahib. There some anti-social elements had poisoned the *prasÍda* and many people attending the festival fell ill. Some even lost their lives. Nathi Bahen too fell unconscious. She was treated, but did not regain consciousness. The very next day, her husband brought her back home. On seeing her critical condition all the residents of the colony were suspicious about her survival. As I chanted aloud, 'Hari ॐ… Hari ॐ…' there was a little movement in her body. I received an intuition and returned. Back home, I prayed to Pujya Bapu for her life. Just 3-4 hours later, she stood up as though she had merely awoken from a slumber. She later informed us that her uncle-in-law was a '*peer*' and that he had conveyed through her husband the message of her actually being saved by the same white-bearded Baba in whose *satsang* she had sipped the *charanÍmrita*." **- J. L. Purohit, 87, Sultan Nagar, Jaipur (Raj.)**

The Wine of the Divine Name Rid Me of the Wine Bottle

"By a stroke of luck, a group of 16 disciples of Pujyashree from Delhi came to our village propagating the glory of the Lord's holy Name. Right from my childhood, I was addicted to drinking and smoking and had a penchant for hunting. The three-day *kirtana* programme organized by the disciples of Pujya Bapuji, was gradually imbuing me with the divine intoxication of the Lord's Name. A day after their departure, I took out a bottle of liquor as usual in the evening. Just as I twisted the cap of the bottle to open it, I could hear the chants of 'Hari ॐ… Hari ॐ…' emanating from it. In this way I tried to turn the cap open 2-3 times but with the same result. Then I went to the house of a disciple of Pujya Bapuji. He let me listen to Pujyashree's discourses for some time, and the inner voice inspired me to give up addictions. I immediately picked up the bottle and threw it far away into the crop fields. My sincere prostrations to such a great and compassionate *Satgurudeva*, by Whose grace my life was changed through this extraordinary incident."

- Mohan Singh Bisht, Bhikhyasain, Almora (Uttarakhand)

The Whole Village was Transformed!

"After being initiated by Pujyashree, I set the goal of propagating a de-addiction campaign. Having once gone to Kaushalpur (Dist. Shajapur) and seeing the addicted and strife-torn lives of the people over there, I said, 'You people do not understand the true meaning of human-life. Just have a *darshana* of Pujya Bapuji and you will come to understand the right way of life.' The villagers agreed with me and ten of them came to my village. I sent a *sÍdhaka* with them to Surat on the occasion of the Janmashtami festival. They were blessed with the grace of Pujya Bapuji and all of them were initiated in the Guru-mantra. When they reached their village, all the villagers were curious to know about Pujya Bapuji. On listening to Pujya Bapuji's divine plays, the other villagers too developed faith in Pujya Bapuji. The initiated *sÍdhakas* kept sending the villagers to the different ashrams of Pujya Bapuji as per their convenience and gradually got all of them initiated. Today, every individual along with his family has been initiated in the village. On every Thursday, the day especially ordained by the scriptures to worship the Guru, food is cooked only once throughout the village. All the villagers observe a *vrata* on that day. Influenced by the Kaushalpur village, a total of about 1,000 people from the adjoining villages including their relatives have also given up drinking and got initiated. For three generations in the history of that village there had been no temple at all. The villagers built two temples at the cost of Rs. 5 lakhs. The whole village has been de-addicted and devoted to God. Needless to mention that all this is due to the motiveless grace of Pujya Bapuji! Crores of obeisances at the lotus feet of Pujya Bapuji, the Saviour of all…"

- Shyam Prajapati (Supervisor, Tilhan Sangha) Tajpur, Ujjain (M.P.)

Inspired by the Photograph of Pujyashree

"The entire north Bihar had suffered heavy losses in the 1984 earthquake, in which our house was no exception. I had to give up my studies in the 9th std. itself. Advised by a friend, I went to Delhi in search of a job, but there too I faced disappointment. I had been without food for two days with the additional tension of finding a job. Hence, deciding to end my life, I proceeded towards the railway station. Then on the way I came across Pujyashree's literature and cassettes, kept on display at a shop in the market. A big photograph of Pujyashree was hanging over there. For ten minutes I stood by the road with my eyes staring at that photo of Pujyashree in a smiling and blessing pose. I don't know what actually transpired! Though I am still working as a menial labourer, my mind remains filled with a great joy since then. "Only God knows what fate my life would have met had I not got to read Pujya Bapuji's books, '***YuvÍdhan SurakshÍ***' (***The Secret of Eternal Youth)***, '***Ishwar Ki Aur***' (***Towards God***), ***Nishchint Jivan*** and the magazine '***Rishi Prasad***'! The inspiration that I received from Pujyashree's photograph and His elevating literature, saved the sinking ship of my life from the violent waves of destruction. Blessed are those engaged in the propagation of such literature, for they have saved me from committing the sin of suicide." **- Mahesh Shah, Narayanpur, Dumra, Dist. Sitamadhi (Bihar)**

The Miracle of 'Netra-Bindu'

"I consider myself fortunate to have witnessed the miracle of 'Sant-Kripa Netrabindu' (eye-drops). A saint named Shivaramdas, aged about 80 years, lives in Haridwar. He had undergone an operation for a mature cataract in his right eye. But somehow the case worsened into that of hyper-mature cataract. He started getting headaches and his eyesight was gradually diminished. He underwent a second operation. The case was detected as absolute glaucoma and it was said that though his headache would be cured with the operation, he would gradually lose his eyesight. But now the saint is using Santkripa netra-bindu, an eye-drop manufactured by Sant Sri Asaramji Ashram, regularly in the morning and the evening. Recently I examined his eyes. His right eyesight has improved to the extent that he can count fingers. The intraocular pressure of the hyper-mature cataract is normal. There is no swelling in the cornea. He is very much satisfied. He says: 'Previously, my eye would remain inflamed but now it is not. The ashram's eye drops have provided miraculous benefits.' He was told that he had a mature cataract in the left eye as well, and also about the possibility of a hyper-mature cataract. However, today even the left eye is okay, while the intraocular pressure in both the eyes is normal as well. There is no mature cataract and the eyesight is very much clearer. On having seen this unique effect of the 'Santkripa Netrabindu', I have decided to prescribe this wonder medicine to my own patients as well."

- Dr. Ananta Kumar Aggrawal (Eye sp.) M.B.B.S., M.S. (Eye), D.O.M.S. (Eye), Sitapur, Saharanpur (U.P.)

Benefited by Mantra

"My mother had suddenly become mentally ill, as if she was possessed by a ghost, devil, or some other evil spirit. I was extremely worried, so I telephoned a sister disciple. She gave me a mantra which is mentioned in the ashram's publication 'Arogyanidhi' for exorcizing ghosts and evil spirits. The mantra is as follows: '*ॐ नमो भगवते रू रू भैरवाय भूतप्रेत क्षय कुरु कुरु हूं फट् स्वाहा । ॐ namo bhagavate ru ru bhairavÍya bhÜtapreta kÙaya kuru kuru hÜÒ phaÛ svÍhÍ.*' I repeated this mantra for 108 times looking at a glass of water and administered the same water to my mother. She immediately went into a peaceful sleep. Again, the next day, I repeated this mantra for five rounds of the rosary and administered the consecrated water to my mother, whereby she was completely cured. O my dear brothers and sisters treading the spiritual path, you need not waste your time with the broom wielding exorcists with their 'abracadabra' nonsense for driving out ghosts and evil spirits which can simply be eradicated by Pujya Bapuji's mantra alone. Millions of prostrations at the lotus feet of Pujya Bapuji!"

- Champak Bhai N. Patel (USA)

Conquest Over Lust and Anger

"While checking on the Mumbai Mail one day, I went to the air-conditioned coach. There I saw Swami Sri Lilashahji Maharaj sitting in deep meditation on a coir mat spread on top of some soft cushions. I was surprised that the Saints see no difference between a third class bogie and a first class air-conditioned coach which is primarily used by the rich. My head bows in spontaneous reverence to such Saints who can sit in samadhi irrespective of the environment they are in. I paid my obeisance to His Holiness and said, 'For Saints like You, all places are but the same. You can enjoy the bliss of Freedom by remaining equanimous in all conditions. But what should the householders like me do to achieve the perfect equanimity like that of Yours?'

"His Holiness said, 'If you abandon lust and anger, you too can become a *jivanmukta*. ***Where there is God, there is no lust. Lust and God do not go together***. Anger is verily *Bhasmasura* which destroys all the virtues in its wake and also defiles the mind.'

'Lord! With your grace, surely I will be able to conquer both lust and anger.'

'Brother! Is grace so easily available? Your own self- effort and firm conviction must accompany the grace of saints. Take a vow that you will desist from these passions throughout your life… then I will shower my blessings on you.'

'Your Holiness! I am ready to take a vow to abandon lust and anger for the rest of my life but if I am unable to maintain the vow, I would be considered a liar.'

'Fine! To start with take a vow only for a period of 8 days and thereafter extend it for one day every day. In this way you can escape from such sins. Is this acceptable to you?'

"I readily agreed with folded hands. His Holiness had directly struck at my two gravest shortcomings. The next day, when I asked the person sleeping on the first berth in a passenger train to show his ticket, he became angry and started abusing me, 'Are you blind? Can't you see I am sleeping? What right do you have to wake me up? Is this how you check tickets? Don't you have common sense?'

"He kept on blabbering in the same vein. I became angry too, but vividly remembered the vow that I had taken in front of His Holiness and somehow managed to swallow my anger like a dose of poison. Then I calmly told him, 'Sir! You are perfectly correct in telling me that I have neither brain nor common sense. You seem to possess a better intellect, politeness and common sense. Please teach me how I should ask for the tickets. Unfortunately, it is my duty to check tickets and thus I am very sorry to trouble you in this manner.' Then I humbly requested him with folded hands, 'Sir! Kindly excuse me for the inconvenience. Will you be kind enough to show me your ticket now?'

"My politeness made him feel ashamed and he sat up on his berth. He quickly got down and begged for forgiveness, 'Please pardon me. I was sleeping and thus did not recognize you. You please forgive me and say so in your own words.' I was quite pleased and satisfied at the turn of events. I was thinking how beneficial and powerful is the command of a Saint when it is obeyed with faith and diligence. The compassion of Saints brings forth miraculous changes in individuals even to the extent of changing their inherent nature. Otherwise, I had no ability to keep my temper under control. I would have been totally helpless; but the grace and compassion of His Holiness made it all possible. Millions of salutations at the feet of such Saints."

- Shri Rijumal, Retired T.T.I., Kanpur (U.P.)

Asaramji Bapu is a True Saint

I am a social journalist. Once I met Sant Sri Asaramji Bapu in connection with a research project. Today the media is spreading falsehoods regarding the Hindu saint, Sri Asaramji Bapu. Though I am a Muslim, yet I am pained by the allegations being levelled against Sant Sri Asaramji Bapu. Sri Asaramji Bapu is a true saint. Had it not been so, he wouldn't have kept quiet after receiving so many insults. We know what politicians do.

Sant Sri Asaramji Bapu had told me, "If you want to behold Allah, meditate!" I said, "I am not able to meditate." He placed his hand on my head and said, "If you will meditate at the time of Namaz (prayers) it will be easier. Remember me and call me for help." Though I did not have implicit faith, I did as per his advice and the peace I experienced that day was indescribable. I successfully quit smoking and non-vegetarian food. All my evil habits were gone. My life was filled with joy. These media people can do anything for money. Even Bapuji's aura is a testimony to the fact that he is a true *faqir*. In spite of all this smear campaign, he is calm, composed and joyful. This shows his equanimity.

I am a liberal Muslim. I have got real knowledge about Allah from Bapuji only. Hindus and people of other religions should respect Bapuji. **It is difficult to fool even a few thousand people. And there are about 3-4 crores of people who are devoted to Bapuji. I have seen that the message of love, service, *bhakti* and peace is given in his ashram.**

Bapu has never grabbed anybody's land. This allegation too is part of the conspiracy to malign him. If you don't trust my statement, then check it for yourself. Don't see through the media's eyes; recognize the truth. According to me, Sant Sri Asaramji Bapu, who still is the king of crores of hearts and endeavours for the good of all is the greatest Gujarati, the greatest Indian and the greatest human being. God be with you! **- The comment posted by Farouqe Mahomad on the website www.jeetegakaun.in/sabse bada gujarati/thread.php? id= 10-103, on Morari Bapu forum.**

Burnt Paper Restored to Its Original Form

Once the renowned Pundit Gopinath Kaviraj, said to Paramahamsa Vishuddhanandaji, "Taranikant Thakur has attained a supernatural power. He can read the writing on a piece of paper without seeing or even touching it." Vishuddhanandaji said, "You write something on a piece of paper and then burn it." Kavirajji wrote something on a piece of paper, burnt it completely and blew away the ashes. The very next moment, Vishuddhanandaji took out a piece of paper from under his pillow and placed it before Kaviraj. Kaviraj was very much surprised to find the very same piece of paper that he had just burnt. Even the question in his own handwriting was present along with its answer written underneath.

Our body is a combination of insentience, animalistic nature, and divinity. The more we succeed in reducing the feelings of 'I' and 'mine' in our gross and insentient body, the more our slavery to beastly desires wanes, and the more the divine element increases, the greater the manifestation of yogic and spiritual powers. Many saints, devotees and yogis of India have been seen and heard to possess such divine powers. People have had first hand experience of their divine powers. Blessed are the people who live on this pious land of India… who believe in the Indian culture… and who engage themselves in *sevÍ* and *sÍdhanÍ* to awaken their divinity! Swami Vishuddhanandaji was one of those numerous saints of India who pursued *sÍdhanÍ* in solitude while serving his Guru for years and years together. He thereby got rid of the false identification with his body as well as his animalistic desires, which in turn helped him develop his divine potential. Many other supernatural incidents have been ascribed to him. By reading the biographies of such saints or listening to select anecdotes of their lives, we too get encouraged to rise above our insentience and animalistic tendencies and rekindle our lost divinity. It is a Herculean task… it requires a great deal of faith, wisdom and patience to develop our divine element fully.

The River Had to Change Its Course

Adi Shankaracharya's mother, Vishishta Devi, would regularly go to her presiding deity, Keshava's temple for worship. She would first take a bath in the river and then go to the temple to perform worship. One day she left for the temple early in the morning, but did not return even by the evening.

Shankaracharya was only about 7 to 8 years old at that time. He was an ardent devotee of the Lord and had steadfast faith in Him. When his mother did not return in the evening, he was quite worried and set out in search of her. On finding his mother lying unconscious on the way, he treated her for a long time, and only then she regained consciousness. The river was at a long distance. Shankaracharya's mother used to face great difficulty in reaching it. So Shankaracharya mentally prayed to God, "O Lord! Please change the course of the river so that my mother can take her bath nearby." He would repeat this prayer daily. One day the river started eroding the embankment and within a few days it was flowing near the house of Shankaracharya. This incident made Shankaracharya famous for having supernatural powers.

Glory of the Satguru

'*No one can cross the ocean of mundane existence without a Guru, though one may be an equal of Lord Brahma or Lord Shankara.*' **- Sant Tulsidasa**

'*All that are venerable in this world, including Lord Vishnu, Lord Shiva and others, are automatically worshipped upon worshipping the Satguru.*'

- Nishchaldasa Maharaj

'*Even the simple tasks of this world cannot be performed without the aid and guidance of a teacher. How is it possible then to attain the Lord without the Guru? This is simple to understand.*' **- Sant Kabir**

'*One, who takes refuge in a saint, is redeemed. One who slanders the saint is condemned to innumerable births.*' **- Guru Nanak**

❊ "Selfless service to the Guru is the fountainhead of all good fortune. It endows the grief-stricken ones with Brahmic Bliss. The Guru destroys ignorance like the Sun destroys the night. With the rise of the Sun, stars vanish and the day breaks. Once the Guru comes into one's life, he obliterates the twinkling stars of both imperfect knowledge and nescience, and bestows enlightenment on those with a discerning intellect."

- Sant Jnaneshwara

❊ "On the thorny path of Truth to guide you there is none but Guru."

- Swami Sivananda Saraswati

❊ "There have been so many kings and emperors, and many more will come hereafter; but none can bestow the *sayujya mukti*. The saints alone are the real emperors, and only those who take refuge in their tutelage, attain real happiness and *sayujya mukti*." **- Samartha Sri Ramdas Swami**

❊ "One may perform innumerable *japa* and penances, observe *yamas* and *niyamas*, but until one is blessed with the grace of the Guru, all these are but futile."

- Swami Rama Tirtha

❊ Plato says, "I am blessed having a Guru as great as Socrates."

❊ Thoreau would get overwhelmed with sublime emotions while recounting the glory of what he had attained from his Guru, Emerson. ***** Sri Ramakrishna Paramahamsa would never get tired of praising his *Satguru*, Who helped him realize his True Self. ***** His Holiness Swami Sri Lilashahji Maharaj's voice would become choked with emotion while His eyes would be filled with tears of love whenever He remembered His Satguru. ***** How Pujya Bapuji is overwhelmed with affection in the fond memory of His *Satguru*, has only to be seen to be

believed. Now, how do we react to His memory is a question for us to ponder. The extrovert uninitiated ones may say whatever they want to say, the aspirants alone know what they are blessed with, by the *Satguru*.

Lord Shiva Appears in Afghanistan to Protect Lady Martin's Husband

In the year 1879, India was under the British regime which had attacked Afghanistan. Lieutenant Colonel Martin was entrusted with the overall command of the operations in this war.

Colonel Martin would send messages of his wellbeing from the battlefield to his wife. The war dragged on for a long time, and then even the messages ceased to come. Lady Martin was worried thinking, 'My husband might have been killed in the battle, and if that is true, of what use is my life without him?' One day, she went out riding a horse. On the way she was attracted towards the sounds of a conch and the chanting of mantras coming from a temple. She went into that temple of Lord 'Baijanatha Mahadeva' and asked the priests, engaged in the worship of Lord Shiva, "What are you doing?"

An old Brahmin said, "We are worshipping Lord Shiva."

Lady Martin further enquired, "What is the significance of worshipping Lord Shiva?"

The Brahmin replied, "Lord Shiva is a generous donor known for His supreme simplicity as 'Bholenath'. He does not delay even for a moment when it comes to relieving His devotees of their troubles. He immediately grants the wish of His devotees with which they come to Him. But dear daughter! Why do you appear so worried?" Tears moistened her eyes as she explained the matter to the priest. The Brahmin consoled her, "Don't worry dear daughter! Worship Lord Shiva and pray to Him! Perform a *Laghurudri* also. Lord Shiva will definitely protect your husband."

On the advice of the priests, she started an eleven day long *Laghurudri anusthÍna*. Each day she would pray to Lord Shiva for the protection of her husband, "O Lord Shiva! O Baijanatha Mahadeva! If my husband comes back safe from the battle, I will build a domed temple for You."

On the last day of the *anushthÍna*, a messenger came running to the temple and delivered an envelope to Lady Martin. The letter was from her husband, who wrote,

"While engaged in battle I continued to send messages to you, but then suddenly we were surrounded by the Afghan forces from all sides. The British forces including myself were facing imminent death. The condition was so precarious that it was almost impossible to escape. But just then there appeared an Indian yogi with long matted hair holding a triple pointed weapon (trident) in his hand. The lustrous yogi started wielding his weapon with great might. The frightful sight of His weapon moving with lightning speed sent the Afghan forces running for their lives. "By His sheer grace, we escaped the siege of the Afghan forces and got an opportunity to mount a counter attack on them. This converted a definite defeat into a victory. Then that supreme yogi encouraged me saying, 'Don't worry! I am Lord Shiva and having been pleased with your wife's worship, I have come here to protect you.' Tears rolled down from Lady Martin's eyes as she felt overwhelmed with gratitude. She placed her head in front of Lord Shiva's idol and prayed while weeping intensely.

After a few weeks, Colonel Martin came back to Aagar cantonment. His wife related to him all that had happened. Then, both of them started worshipping Lord Shiva regularly in the 'BaijanÍtha MahÍdeva' temple. At his wife's request, Colonel Martin refurbished the temple of 'Baijanatha Mahadeva' in 1883 at a cost of Rs.15000. A plaque near this temple bears testimony to this historical fact. Incidentally, this is the only Hindu temple built by the English in India.

It is the same Divinity that manifests itself in Lord Shiva… Lord Krishna… The Divine Mother or in the enlightened *Satgurus*… All it needs is an unflinching faith. Ekalavya, through his unflinching faith in the Guru's idol, went on to attain that which left even Arjuna astounded. Aaruni, Upamanyu, Dhruva, Prahlada… there are hundreds of examples before us. Even today, such divine help is provided to thousands of devotees and aspirants by God and Self-realized *Satgurus*. The one and only thing it requires is complete and unflinching faith.

*

Mantra for Easy Delivery

♦ 'ऐं ह्रीं भगवति भगमालिनि चल चल भ्रामय भ्रामय पुष्पं विकासय विकासय स्वाहा। *aiÒ hrÐÒ bhagavati bhagamÍlini cala cala bhrÍmaya bhrÍmaya puÙpaÒ vÐkÍsaya vikÍsaya svÍhÍ*.' Give the milk consecrated by this mantra to a pregnant woman, and it will ensure a smooth delivery.

♦ The second option is that the pregnant woman may herself do *japa* of the mantra '*JaÒbhalÍ-JaÒbhalÍ*' during labour. The third is to sip 12 to 15 ml. of cow-dung extract after doing *japa* of the mantra '*ॐ namo nÍrÍyaÔÍya*' 21 times. This will remove all troubles in delivery, thus avoiding surgical operation.

♦ If there is any cause of apprehension regarding the delivery, do *japa* of the following mantra: 'सर्वमंगल मांगल्ये शिवे सर्वार्थ साधिके । शरण्ये त्र्यम्बके गौरी नारायणी नमोऽस्तुते ॥

sarvamaÕgala mÍÕgalye Úive sarvÍrtha sÍdhike |
saraÕye tryambake gaurÐ nÍrÍyaÔÐ namostute ||' (T**he Durgasaptashati)**

♦ **To Beget a Strong and Fair-complexioned Baby Boy**: The paste of a tender leaf of *DhÍk* or *PalÍsh* (*Butea frondosa*), when taken mixed with cow's milk daily during pregnancy, ensures the birth of a strong and fair-complexioned baby boy. Even if the parents are dark-complexioned, the infant will nevertheless be a fair one.

KEYS TO ALL ROUND DEVELOPMENT

❊ **For Improving Memory:** (1) Prepare a mixture by mixing 15-20ml Tulsi juice with one spoonful of Chayavanprash and raisins. Drink it daily after chanting the *Sarasvatya-mantra* or *Guru Mantra*. Within 40 days, you will experience miraculous benefits. (2). After meals, chew thoroughly a *laddu* prepared from sesame seeds. (3) Grind and mix 100gms each of aniseed and almond and 200 gms of sugar candy. Chew 3-4gms of this mixture thoroughly every morning followed by milk. You can also take milk along with this mixture. This improves memory.

❊ **For Retentive Memory:** (1) Before starting your studies, sit in an erect posture facing either east or north. (2) Do *japa* of '*Sarasvatya'* mantra for some time. Then touch the tip of your tongue to the palate and attentively set yourself in studies. (3) At regular intervals and at the end of studies, be quiet and try to recap what you have studied. Contemplate '*ॐ Peace... Rama Rama...*' or the Guru-mantra and be quiet.

❊ **For Increasing Height:** (1) Every morning run for some time. Do pull-ups and also perform '*TÍdÍsana*'. (2) Crush two seeds of black pepper, mix them with butter and swallow it. (3) Chew 6 leaves of bael with 2 to 4 seeds of black pepper while remembering Hanumanji. You can also have it by making a paste of it by adding water to it. (The milk of an Indian cow specifically helps in increasing one's height)

❊ **For Robustness:** (1) Suck harad (*chebulic myrobalan*) before taking meals. You can also take it along with meals. (2) Squeeze one lemon in a glass of water and soak two raisins in it overnight. Drink the water in the morning after sieving it and chew the raisins.

❊ **To Improve Eye-sight:** Mix together one spoonful each of aniseeds and sugar candy and consume it while going to bed in the night. Follow this regimen regularly for 5 to 6 months.

❊ **Protection Against Eye-diseases:** (1) Massage the big-toes and soles of the feet with mustard oil. (2) Wash the eyes by splashing water into them lightly while doing *japa* of the mantra '*ॐ अरुणाय हुँ फट् स्वाहा। ॐ aruÔÍya huÒ phat svÍhÍ*.' This relieves severe eye pains.

❊ **Prevention of Nightmares:** Do *japa* of '*ॐ हरये नमः। ॐ haraye namaÏ*' while going to sleep. Keep the 'Griha-dosha-bÍdhÍ nivarak yantra' (a mystic diagram for alleviating harmful planetary influences and distributed free of cost as *prasÍda* by the ashram) towards the head.

❊ **Remedy for Troubles, Miseries and Harmful Planetary Influences:** Offer oblations of a mixture of ghee, milk, honey and *durvÍ* grass to the sacred fire while chanting the Mahamrityunjaya mantra on a birthday. This will decrease the influence of problems and infuse new enthusiasm in life.

❊ **For Happiness, Health and Peace in the House:** Burn a small piece of cowdung stick in the morning and evening everyday. Put a few grains of rice mixed with ghee of the *desi* cow on it so that they are burnt with it. This will maintain health and peace in the house and eradicate the evil influences of architectural flaws (vÍstu dosha).

❊ **For Spiritual Advancement:** Mental repetition of the divine name throughout one's routine activities, beholding God in all, momentary repose in between two consecutive activities, to see one's own good in the good of others, to keep a watch over one's thoughts, reverentially taking recourse to *satsang* and study of the scriptures, etc. are quick means to spiritual advancement.

Do not forget to celebrate Parents' worship day by worshipping your parents at home on 14th February